SECRETS OF INDIA



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THIS BOOK

SECRETS OF INDIA

IS DEDICATED TO THE WISE MEN WHO HAVE PASSED BEYOND. READ THE PAGES OF THIS BOOK NOT TO CONTRADICT AND CONFUTE, NOR TO BELIEVE AND TAKE FOR GRANTED, NOR TO FIND TALK AND DISCOURSE; BUT TO WEIGH AND CONSIDER.

—FRANCIS BACON.

CONTENTS

I HOPE YOU'LL SOON BE WELL

Phenomena; I'm sorry you're sick;
I'm sorry you're not on the air;
That, of course, is of second import,
Your voice going everywhere;
You have a mission in serving, you know,
In a great and far reaching field—
A part of you that no money could buy,
You give, in this service you yield.

Life in a mass stretches out there until
The horizon makes it grow dim;
You're standing before a microphone
With their wish, or question, or whim
That comes to you from out this throng
While you take the knowledge you own
And pass it out on the Ether Waves
To some poor soul, fighting, alone—

This multitude, reaching everywhere,
All made up of units, like me,
You separate, as you deal with each,
Giving them individuality—
Your voice, as it reaches the thousands
Shows patience I cannot conceive
While you answer the same old question
In an effort some mind to relieve.

Now you are sick—I miss you so much
And I'm hoping you soon will be well:
I have only one way to help you in this
And that, perhaps I should not tell—
But I learned a secret—not so long ago—
When I had to stand all alone,
I learned that God gave no promise, in words,
That I could not claim for my own—

So I'm asking Him, when I think of you,
That He'll touch the thing that went wrong
And send you back—in the service you give
Without pain, once again well and strong—
I think you will know that I am sincere
And believe in the work that you do
By the first impression that comes to you
As you're glancing, these few lines through.

—PAULINE MUMFORD BOHANDY

PREFACE

THIS BOOK has been Published with but one thought in mind, that of placing into the hands of the reader a book that is different, a book which will prove of interest and benefit to persons of all classes, a book which will bring comfort and solace to those who seem to feel that they are lost.

If the contents are read carefully and advice followed the reader will find that the information will prove not only helpful but valuable in a financial way.

The Author has spent 22 years in the study of the different Sciences and has attempted to set down herein only features which will prove valuable to the reader.

THE AUTHOR.

MOTHER SHIPTON'S PROPHECY

Mother Shipton's Prophecy is known the world over. She must have been a seer. It is perhaps the most famous prophecy in history. Moreover, all the events predicted have come true, with the exception of the last one. The world has not yet come to an end.

Mother Shipton's Prophecy is said to have been published originally in the fifteenth century.

Here is what she said:

Carriages without horses shall go,
And accidents fill the world with woe.
Around the world thoughts shall fly
In the twinkling of an eye.
Waters shall yet more wonders do;
Now strange, but shall be true.
The world upside down shall be,
And gold be found at root of tree.
Through hills men shall ride,
And no horse or ass be at his side.
Under water men shall walk,
Shall ride, shall sleep, shall talk.
In the air men shall be seen,
In white, in black, in green.
Iron in the water shall float,
As easy as a wooden boat.
Gold shall be found, and found
In a land that's not now known.
Fire and water shall wonders do,
England shall at last admit a Jew.
The world to an end shall come
In eighteen hundred and eight-one.

Dream Interpretations and Their Lottery Combinations

ABUSE—Denotes that secret enemies will try to injure you in your wishes, and will succeed unless you are cautious. 5, 11, 55.

ADVERSARY—To meet him foreshadows sorrow and trouble, especially if you are conquered. 5, 11, 50, 55.

ADIEU—For one to dream of bidding adieu is favorable, particularly so if the parties are shaking hands; marriage to lovers. 5, 34, 43.

ADULTERESS—To see one in your dream is a good sign, and denotes one void of fear; but if you hear one speaking, some one will try to slander you. 1, 11, 15, 51, 69.

AFTERNOON—To dream of taking a walk in the afternoon signifies hasty news; to a married woman, happy life and contentment. 13, 22, 31, 65.

AFFLICTION—Denotes great care and calamity. 3, 8, 14.

ALONE—Happiness in your future life, with the protection of Heaven. 1, 4, 7.

AMUSEMENT—To dream of being at a place of amusement is a certain sign that you will be engaged in some lewd action, and that your sweetheart will prove false to you; it forebodes loss by travelling, and that your friends are fickle and unsteady. 8, 48, 58, 60.

ANSWER—To dream of answering one in your sleep brings joyous tidings. 32, 33, 55.

ANGER—To see a person angry, be careful whom you trust, for some of your friends are treacherous; and be careful of your business concerns. 5, 11, 55. Or, if on a journey, take especial care of your helath. 16, 41, 44.

ANIMALS—Many kinds is a good dream to a lover, and that he will marry very shortly. 4, 14, 44.

APPRENTICE—For a man dreaming he is an apprentice denotes that he will become low in the estimation of his friends. 1, 36, 46.

APRON—Good tidings to see one; shows you will have many pleasures. 4, 44, 26.

ARCH—To pass under an arch signifies startling adventures of a pleasing termination; to pass over one signifies you will rise to honor through some of your friends. 3 to 73 combination.

ARMED MEN—To see them in your dream is a good sign,

and denotes one void of fear. To dream you see an armed man fly is a sign of victory; to see men come in arms against you signifies sadness. 18, 25, 52.

ARCHITECT—Denotes trouble without cause. 35, 53, 73.

ARM-CHAIR—If you see an arm-chair in your dream, it denotes domestic trouble, but is good to a young lady, as it denotes a speedy marriage. 4, 11, 18, 23.

ARMORY—Denotes difficulties and deceit in love, but to the married it denotes trouble and disappointment. 5, 40, 55.

ARTILLERY—Denotes success in anything you undertake, but bad to lovers who quarrel. 4, 18, 44.

ATTACK—To dream of being attacked, take care of your business concerns. 10, 15, 48.

AUUTHORITY—To dream you are in authority is a very good sign. 21, 69, 78.

AUNT—To dream of seeing your aunt denotes deceit and intrigue in her lover. 11, 44, 56.

BAD WEATHER—To the sailor it denotes that in a distant country he will marry a rich woman who will be very fond of him. 3, 33, sides.

BAKERY—Being in one denotes that money will be left to you. 15, 20, 48.

BAKING—Denotes much happiness and joy to the dreamer. 12, 20, 21, 34, 62.

BARBER—Forebodes great troubles and misfortunes. 7, 10, 20.

BAREFOOT—Avoid, after such a dream, taking a journey by land or a voyage by sea, because such a dream forebodes accidents by travelling. 2, 4, 11.

BATHING—An empty bath loss to the married, success to lovers, happy marriage to maidens, recovery to the sick. 6, 8, 16.

BACON—To dream of bacon denotes the death of some friend or relation, and that enemies will endeavor to do you mischief, in love it denotes disappointment or discontent. 3, 21, sides.

BARLEY—Signifies you will have misfortune in love and business. 22, 33, 44.

BASKET—When full, a sign of good fortune; if empty, of adversity. 13, 15, 35, 46.

BABIES—Joy and boundless pleasure will be your lot. 1, 12, 21. To see many babies denotes riches. 19, 67, 69. To see a woman nursing babies denotes trouble. 12, 21, sides. To dream

you see them running about the house denotes loss. 1, 2, 3.

BACK-HOUSE—Is evil; it denotes decay of business to a merchant and want of employment to a mechanic, and loss of place to a servant, but to a woman it is good; to a maiden it denotes that she will have many new lovers; to the wife that she will have an increase in her family, and to the widow that she will soon marry. 3, 33, 40, or 18, 21, sides.

BEETS—To dream of eating beets signifies freedom from trouble and expedition of business, because they make the body soluble. 1, 21, 69.

BELLY—To dream one's belly large and great predicts a fair and large estate. 11, 22, 33. To dream you have the bellyache signifies trouble and dissension. 10, 11, 22.

BEAUTY—To dream you see a beautiful lady denotes that they will live a peaceful life to bachelors, good fortune in their amours. 13 to 19 combination.

BEEF—Cutting beef is an ill omen, denoting sickness and misfortune, if not disgrace and death. 2, 25, 50. To see it boiled, denotes shame. 20, 46, 45. To see it roasted, signifies success in love affairs. 20, 52, 61.

BILLIARD-TABLE—To see one denotes love. 1, 4, 44.

BIRTHDAY—Shows he is in danger of being unhappy and unfortunate during his life. 11, 14, 20.

BISHOP—Foretells much jealousy and sorrow. 50, 51, 69.

BLOWING—To blow a fire indicates a change in present circumstances; to the rich a failure in business. To see the wind blowing denotes sickness. 10, 27, 71.

BLACK CATTLE—Denotes good fortune. 4, 11, 20.

BLANKET—Brings strife. 5, 8, 40.

BLIND—To dream of being blind is a certain sign that you repose your confidence in some person who is your bitter enemy; it denotes that your sweetheart is unfaithful and prefers another. In business it denotes that you will gain your ends, and that your servants can be trusted. 6, 44, 66. To dream one plays Blindman's Buff signifies prosperity. 40, 66, 68.

BLUSHING—To see a maiden blush signifies that you will settle some quarrel much to your advantage. 3, 19, 40.

BODY—To see a dead body signifies the finding of a treasure. 18, 19, 49, 61.

BONES—To see them denotes vexations. 11, 14, 41.

BORROWING—Foretells want of money. 29, 42, 61.

BOSOM—To a lover it foretells a happy marriage with many

children, and to a man it shows that his wife will receive some unexpected legacy. 5, 9, 14.

BOX—To dream of box of silver denotes happiness. 4, 7, 9, 13. To dream of a box in a theatre denotes trouble. 4, 8, 74. To dream of a box-tree, to a person in business it denotes success and good crops to farmers. 4, 21, 74.

BRIERS AND BRAMBLES—If you dream of passing through them, it portends trouble; if they prick you, secret enemies; if they draw blood, expect heavy losses; if you pass through them without injury, you will triumph over your enemies. 7, 11, 20.

BIRTH—To dream of one's birth is good for him that is poor, but to him that is rich signifies others will rule over him. 1, 11, 21.

BREWING AND BAKING—Is the sign of an ill house-wife. 12, 20, 21.

BROTHER—To dream you see your brother denotes a speedy marriage in your family, and that the dreamer will be long-lived. 1, 3, 50.

BRAINS—Happiness is in store for you. 11, 23, 38.

BRASS—To dream of brass is a sign your sweetheart will be false to you. 11, 34, 43. To see a brass kettle is a sign you will hear of the death of a relative. 11, 17, 43.

BREEZE—A gentle breeze is a sign of happy love. 2, 22, 33. To a sailor a spell of bad weather. 2, 11, 33, 47.

BRIDE—To see one signifies pleasure and happiness. 1, 2, 22. Bridegroom, pleasure. 48, 49, 50.

BREECHES—To see them signifies you will be slandered. 1, 11, 18.

BROOK—If you see it running clear, signifies you will get yourself in trouble through the failure of your employer, but you will recover yourself; and that you will get rich. 1, 5, 11, 50, 55.

BROTH—Denotes gains and health. 7, 21, 69.

BROOM—To dream of sweeping with a broom denotes wealth. 39, 62, 73. To see a person selling brooms denotes poverty. 35, 62, 73.

BRIMSTONE—Signifies disaster. 3, 9, 27.

BUILDINGS—Denotes strange adventures; if you see them empty, then depend that enemies are secretly endeavoring to destroy your reputation. 27, 29, 40.

BURIAL—To dream a burial passes by, news of the living doth imply. 9, 19, 29. To see a burying ground denotes marriage. 7 first.

BUTTONS—To dream of bright buttons is always good; if rusty, it portends to misfortune; if covered, happiness; if he has lost his buttons, it is a sign he will not live long. 38, 44, 58, 70.

BURGLAR—Denotes loss of good character; if in love, your sweetheart; if you see them at work, forebodes great losses. 10, 16, 44.

BUTCHERS—Denotes loss of goods and character; it also indicates that some person who pretends to be your friend is about to take great advantage of you. 2, 9, 25, 50.

BUYING ANYTHING—Denotes crosses in love affairs. 11, 22, 40.

CARPET—Denotes comfort. 11, 18, 26.

CATTLE—To dream of driving cattle denotes prosperity and great success in your undertaking. 4, 44, 66. To feed them it shows you will have plenty. 6, 44, 66. To dream of calves denotes a lover, a happy marriage, with many children. 1, 20, 44, 53.

CARDS—To dream of cards denotes great wealth; hearts, riches and honor; diamonds signifies that you will quarrel with your lover; clubs, happiness and money; spades, that you will meet with many hardships. 4, 13, 52. To dream of card-playing is a bad omen. 2, 13, 52. Of a card-maker, good tidings. 2, 17, 76.

CAMP—To see a camp denotes success in your undertakings. 15, 46, 69.

CAPITAL PUNISHMENT—Denotes shame and disgrace. 1, 8, 10.

CARNIVAL—Signifies success in love. 21, 28, 69.

CARPENTER—Denotes that your fortune will increase. 15, 22, 75, 52.

CASHIER—Profitable to the dreamer. 2, 50, 62.

CAVALRY—To dream of cavalry forewarns you against secret enemies who will endeavor to harm you. 9, 12, 50.

CHERRIES—Disappointment to a maid in marriage. 14, 54, 69.

CHEEKS—To dream one hath cheeks plump and fat is good to all, especially to women; but to dream that you are lean and haggard signifies grief. 3, 45, 65.

CHIMES—Denote prosperity, thriving children, and successful suit in love. 8, 18, 27.

CHAIR—Denotes prosperity, success and honor. 1, 8, 11. To dream of a chairman of an assemblage denotes riches. 9, 11, 65. To see a chairmaker at his work, that you will become rich through your own industry. 4, 50, 59.

CHARM—Expect to be married to the person on whom you have placed your affections. 6, 7, 30.

CHEMISE—To a lady to dream of a chemise signifies that you will engage in some lewd action, and that your sweetheart will prove false to you. 2, 56, 73, 22.

CHIN—Denotes good news. 3, 5, 10.

CHALK—To see one writing with chalk denotes quarrels; to see a large lump of chalk denotes riches and honor. 1, 20, 66.

CHIMNEY—To dream of a chimney corner, to a maid shows speedy marriage; to see a fire burning brightly, you will become heir to an estate. 2, 5, 56.

CHAMPAGNE—It tokens long life and success in business. 29, 50, 51.

CHARCOAL—Signifies distress. 13, 30, 31. To see it burning denotes disgrace. 8, 17, 54.

CIDER—To dream of being drunk on cider denotes safety in travel. 3, 13, 30, 47.

CIRCLE—Denotes profit and strength to them who are at law for an inheritance. 20, 27, 29.

COMBING HAIR—Is good both for man and woman, for it signifies to get out of evil times. 11, 48, 51, 54. To see a comb denotes pleasure. 48, first. To see a comb-maker signifies profit and strength. 11, 54. To see a person combing the hair denotes voyages. 54, last.

CLOCK—Denotes speedy good fortune, unless you hear it strike, which denotes evil. 8, 12, 60.

CLOSET—Denotes that you will be successful in life. 16, 18, 65.

COMFORT—Denotes a speedy marriage; if married, a sign of children. It denotes to the poor and afflicted aid and comfort. 1, 8, 17.

COAST—Is an evil omen to sailors. 9, 17, 40.

COAT—Denotes much happiness. 4, 31, 44.

COMETS—To dream that you see one is ominous of war, plague, famine and death. To the lover it forebodes an entire frustration of his hopes. 4, 15, 69, 70.

COOK—To dream you are busy with a cook denotes a wedding. 5, 10, 14, 15. To see a person cooking is indicative of a speedy marriage. 14 first.

COMPLEXION—Is a sign of glory and honor, successes, and dispatch of business. 4, 8, 13.

CORNS—For a man to dream his flesh is full of corns shows he will grow rich. 4, 5, 55.

COURT—If in session, to a maiden denotes that some man will rob her of chastity. 1, 33, 44. If in open court, signifies imprisonment. 13, 40, 68.

COLORED WOMAN—5, 6, 66.

COLORED MAN—6, 14, 66.

COLD—Denotes voyages, and return of the absent. 15, 18, 64.

COLLEGE—Denotes success in your undertakings; to dream you are inside of one denotes a speedy marriage, and that you will be very happy with your family. 9, 40, 69.

COLOR—Denotes that some friend will endeavor to prevail on you to commit an act by which your reputation will be endangered. 5, 38, 49, 71.

CONFLAGRATION—Denotes that you have many enemies. 5, 10, 55.

CONFUSED—To dream of being confused signifies joy. 2, 22, 42.

CONJURER—Denotes shame. 18, 25, 50.

CONSCIENCE—Denotes much pain. 17, 27, 77.

CONSPIRACY—Success in business. 6, 11, 50.

CONSUMPTION—To dream of having the consumption denotes that you will not live long. 20, 30, 40.

COUNTERFEIT MONEY—It promises long life. 7 first. Counting money denotes success in trade. 7, 56.

COUNTRY-HOUSE—To see one denotes that you will shortly receive some glad tidings. 1, 14, sides. To look at a country-seat denotes that your sweetheart is faithful. 1, 14, 29.

COUNTRY SQUIRE—If you are in prison, it denotes a speedy emancipation. 3, 16, 71.

COURAGE—Much success in life. 46, 64.

COUSIN—To dream of one's cousin denotes a lawsuit. 15, 18, 50.

COVER—To see anything covered denotes that you will be defrauded. 14, 26. To see a coverlet shows that you will be tricked by sharpers. 7, 64, 70.

COW—To see a cow denotes good fortune. 4, 11, 44, 55. To see a cowboy denotes ill-luck. 44, 51, 53. To be in a cow stable denotes trouble. 32, 40, 78.

CROPS—Denotes harmony and peace, with plenty. 10, 18, 45.

CRUCIFIXION—47, 59, 60.

CRUELTY—36, last.

CRYING—2, 22, 28.

CRYING OUT—Denotes prosperity. 28, 41, 69.

CRYSTAL—Denotes Happiness. 6, 11, 60. Crystal vase denotes poverty. 9, 18, 19.

CUPID—Happiness. 11, 2, 10.

CUNNING—Denotes disgrace, 53, 70.

CUP—Foretells good tidings. 27, 2d. Cup of coffee is a sign of misfortune. 17, 27, 66.

DARKNESS—To dream of being in the dark denotes that the party so dreaming shall be blinded with passion, and shall see much trouble. 4, 16, 31.

DEATH—To dream of dying is a good omen, as it denotes long life and good fortune. 7, first. To see one dead denotes danger. 7, 37, 47; or 7, 9, 11, 69, 70, combination.

DEBT—To dream you are in debt signifies that the party shall be rich, and shall enjoy the estate of some great prince. 17, 18, 64, 23.

DISHONEST—Denotes shame and disgrace. 2, 22, 72. To dream any one distrusts you signifies you will come to poverty. 14, 16, 72.

DIVORCE—Denotes shame. 14, 70, 72.

DOOR—Is a happy sign. 4, 8, 68. To see an iron door denotes loss. 4, 6, 68.

DOCTOR—Is a good omen, presaging long life. 44, 52, 56.

DRESSES—To see a person with a new dress denotes speedy marriage. 11, 12, 21. To see a woman dressing denotes honor. 11, 22, 15.

DREAM—Denotes prosperity. 1, 4, 48.

DRILL—It foretells poverty and disgrace. 18, 46, 51.

DRIVER—Shows much happiness. 4, 32, 50.

DUMB PERSON—Presages difficulties in accomplishing your designs. 11, 19, 50.

EAR—If your ear be large, you will be rich and prosper in all undertakings. 3, 8, 67. To dream you prick your ear is an evil omen. 8, first. To dream you have a new pair of ear-rings denotes to the maiden that she will have many lovers. 2, 52, 59.

EARTH—To dream of it denotes that you will have many secret enemies and backbiters. 11, 17, 20. Dreaming of earth-worms denotes jealousy and hatred. 1, 11.

ENEMY—Signifies wealth and many friends, also an increase of business. 62, 73, sides.

ENGINEER—To dream of one signifies long life, and prosperous in whatever you undertake. 73, last.

ENSIGN—Is a good sign, and will bring good news to the dreamer. 4, 3d station.

EVIL SPIRITS—Is a very unfavorable omen; in love it denotes treachery and disappointment, and, in the marriage state, infidelity and discord; to the tradesman it argues loss of goods and business. 5, 18, 61.

EXECUTION—To witness an execution denotes success in love; such a dream shows your sweetheart to be fickle, and little calculated to make you happy. 11, 34, 43. To see one or more men executed denotes great success in trade. 3, 26, 69, 70.

EXCHANGE OFFICE—Signifies some damage that will suddenly accrue to you. 1, 32, 40.

EXILE—Signifies lawsuits and marriages. 11, 39, 50.

EXPULSION—It foretells hurt. 18, 56, 65.

FLATTERY—To dream of being flattered shows that you will have to deal with some cunning enemy. 65, 20.

FORESTS—To seem lost in a forest signifies trouble. 11, 44, 66.

FORTUNE—To get back an estate once lost is a good sign, and that you will become rich. 4, 8, 60, 76.

FORCE—Is a good, auspicious dream. 9, last.

FOREMAN—To dream you are foreman in a place denotes change of business. 69, 70, 75.

FOREIGNER—Is an ill omen. 17, 66, 69.

FORT—Signifies sickness and trouble. 13, 23, 24.

FRUIT—If sweet and in season, is a good omen; if sour or out of season, they indicate unpleasant relations. 10, 18, 32. To dream of fresh figs indicates sickness. 1, 8, 40. To dream of a fruit-garden is loss of goods and property. 5, 16, 17, 19. To dream of a fruit seller is a good sign you will fall heir to some property. 9, 33, 40. To dream of fruit trees, you will shortly be married and have many children. 41, last.

FREEMASON—Is a sign of trouble and excitement and distress. 1, last.

FURNITURE—Beautiful furniture is a good omen; broken and ugly a bad one; to be displaying it is a sign of trouble. 6, 11, 66, 68.

FURNACE—Is an evil dream and portends to some great danger. 37, 2d.

FUR—Denotes sickness and poverty; to the maiden that some one will try to rob her of her virtue. 2, 22, 24.

GEMS—Denotes that you will rise in the world. 2, 11, 12, 20, 22. To see much jewelry denotes riches. 16, 60, 64.

GENTLEMAN—Signifies that you will become poor. 8, 41, 50.

GIN—Denotes pleasure and disappointment in life. 8, 16, 42.

GILDER—To dream of one portends success in love or business, or any other pursuit; also riches. 18, 34, 58.

GIRL—Is very good to the dreamer; it promises long life and riches. 7, 8, 20.

GOOD—To do a good action indicates pleasure; to receive one is a sign of profit. 2, 9, 36.

GOING OVER WATER—To dream of going over water, beware of false friends. 9, 17, 27.

GOVERNOR—Your fortune will be enlarged. 10, 49, 50.

GROUND—To dream of walking on the ground you will encounter many difficulties, and enter upon some arduous undertaking. 2, 11, 27.

GRANDFATHER—Denotes wealth. 69, 70, 72. To see your grandmother denotes honor. 17, 69, 70.

GUARDIAN SPIRITS—To see one, misfortune; that you have the love of some one whom you do not know. 69, 70, 75.

HANDSOME FACE—To the lover it shows your sweetheart is of an amiable temper and faithful; to the tradesman, success and riches. 59, 69, 75.

HEAT—To dream you experience much heat shows that enemies are endeavoring to slander you. 11, 17, 19.

HEARING SINGING—To dream you sing or hear singing shows you will be successful in life and save money. 8, 18, 56.

HEN—To dream you see a hen, with her little chickens running around, denotes health and prosperity. 2, 8, 19, 22. To dream you hear hens cackle shows that you will, after many difficulties, be very happy. 47, 57, 75. To dream of a hen-house shows that you are about to receive a letter from a distant friend. 73, 75, sides. To dream of a henroost, you will have quarrels. 21, 47, 57, 75.

HIGH CHAIR—To dream of one shows you will fall desperately in love. 27, 69, 70.

HIGH PLACE—Denotes success in business. 39, 69, 70.

HIGH ROCK—To dream of being on one signifies deceit and malice. 15, 69, 70.

HIGH SCHOOL—To dream of being in a high school portends some evil to the dreamer. 40, 52, 73, 75.

HOG—Signifies joy and profit. 13, 27, 34, 40, 43. To see them eating. 13, 27, 40.

HUSBANDRY—To dream of a plough denotes riches; of a yoke, ill-luck, unless it is broken. 44, 67, 76. To dream of a husbandman denotes the breaking off of a sweetheart. 4, 46, 50.

HUSBAND—To dream of your husband, a boy to a woman with child; faithfulness in your sweetheart, and riches by the death of a relation. 6, 41, 50.

IMITATION—Denotes poverty and unsuccessfulness in business. 20, 25, 34.

IMPATIENCE—Shows you will accumulate riches by dirty and disgraceful means. 7, 54, 58.

INGRATITUDE—To dream you have been ungrateful is a very good dream; it denotes success in trade, and a speedy and happy marriage to the lover. 7, 17, 27.

INHERITANCE—To dream you have gained an inheritance is a bad omen; it shows disappointment and enemies among friends. 58, 60, 70.

INVALID—To dream you are an invalid, to a woman denotes she shall bear children; to a maid, a loss of a sweetheart. 32, 35, 39.

INVITATION—To dream you receive an invitation denotes slander. 37, 47, 74.

JAILER—To dream of one denotes poverty. 2, 26, 31.

JEW—To dream of a Jew denotes riches and honor. 7, 45, 56.

JEWESS—To dream of a Jewess signifies the alteration of your condition from good to bad, and from bad to worse. 22, 30, 49.

JEWELLER—It is unlucky to dream of a jeweller, especially if the person be sick. 8, 9, 50, 60. But to dream of the work of a jeweller denotes prosperity. 53, 63, 75.

JUG—To dream you drink out of a jug is a sign you will overcome your enemies, and that some ill woman shall be disappointed in her designs. Combination from 60 to 69.

JUDGE—To dream of a judge denotes that you will overcome an enemy and discover a person who is robbing you. 28, 50, 70.

KEG—To dream of a keg, to widows and maids signifies marriage. 10 to 70 combination. To see a keg of wine foretells distress. 16, 35, 70.

KETTLE—To see one in your dream is a sign of health. 20, 40, 60. To see a kettle of oil denotes, to a girl that her lover is going away to a distant country. 52, 60, 70.

KINDNESS—Signifies wealth and honor. 19, 63, 75.

KILL—To dream you kill a person denotes that there will be an unexpected legacy left to you through the death of a kind friend, and is a good omen. 2, 12, 22. To see much blood denotes that some one will ask a favor of you. 11, 19, sides. To dream you see some person killing some one denotes wealth. 2, 8, 12, 22.

KNITTING—To dream of knitting denotes long life and riches. 1, 7, 77, 60.

LABOR—To be very hard at work signifies a speedy increase of fortune; if a woman dreams she is overtaken with child-labor, shows she will have much trouble. 12, 21, 50.

LADY-LOVE—If she smile, it is a good omen; if she looks coldly away, you may expect to realize misfortune. 2, 22, 40.

LAKE—A tranquil, glassy lake denotes increase of wealth. 9, 11, 16.

LEAD—You will have suits at law, or some other ill-business that will occasion the loss of your estate. 1, 10, 44, 51.

LEAPFROG—For a man to dream he plays at leapfrog signifies that some trouble will soon overtake you; if a maiden has this dream, she will soon be married. 2, 4, 22, 50.

LEAP YEAR—To think you are in the leap year is a favorable omen, and indicates success in business. 18, 66, 67.

LEMONS—Denote strife, disappointment and malice. 8 to 78, combination. To dream you drink lemonade signifies great gain. 10, 17, 20.

LINEN—Dressed in clean linen denotes good news. 4, 44, sides. To dream your linen is very dirty signifies you will fall heir to an estate. 9, 26, 34, 43, 50.

LIPS—To have them seem red and handsome is treachery; if dry and colorless, you will be deceived. Combination from 10 to 70.

LOSING MONEY—To dream you lose money you will fall heir to an estate. 11, 60, 64.

LOVER—For a lady to dream of her lover is good, she will meet with success; for a man, he will become inconstant. 1, 13, 47, 50.

LUNGS—Denote health and happiness. 11, 19, 69.

MADNESS—Is a sign you will have unexpected honors thrust upon you. 5, 8, 40, 55.

MAID—To dream of a young maid denotes love; it also foretells a rich wife. 22, 39, 75.

MACHINE—Denotes luck in love affairs. 18, 27, 36.

MAGAZINE—Foretells that you will act rashly in some quarrel. 32, 42, 62.

METALS—To dream of metals has different interpretations according to the one you dream of. 5, 49. Below is a correct list, with their numbers:

BRASS—To dream you see a brass ornament signifies increased riches. 16, 60, 52.

COPPER—To dream of copper signifies long life and happiness. 16, 45, 63.

GOLD—To dream of gold, you will soon be married and live happy. 16, 60, 64.

IRON—To dream of iron is fatal to the prospect of lovers. 9, 69, 73.

LEAD—Signifies that you will make the acquaintance of a fool. 70, 75, 78.

QUICKSILVER—Shows troubles and vexations. 12, 17, 21.

SILVER—Is a sign of lawsuits and secret enemies. 7, 9, 13.

STEEL—Signifies that you will be grievously injured by the deceit of supposed friends. 1, 14, 69.

TIN—To dream of tin is the forerunner of mischief. 7, 8, 56.

ZINC—Is a sign of prosperity and long life, with much happiness. 8, 14, 22.

MEAT—Meat, raw, is not a good omen; but dressed is more fortunate. 2, 25, 50. To dream of boiled meats is a sign of distress. 8, 16, 18, or 12 first. To eat meat signifies dangerous sickness. 2, 21, 69.

MEN'S SHOES—To dream of men's shoes is a sign you will do some generous act, or confer a benefit that will delight you. 6, 44, 66.

MICE—Signify health, happiness and riches; and they foretell early death when they are caught in a trap. 1, 2, 3, 4.

MIRROR—To see yourself in a mirror signifies you have friends who will slander you. 4, 24, 54.

MOONLIGHT—On water is a good dream; for married people it denotes many dutiful children and a happy home. 18, 29, sides.

MOVING—To dream of moving signifies loss of goods by fire. 18, 19, 20, 50.

MOTHER-IN-LAW—If you dream of quarrelling with her, is a sign she will do you some great favor; to dream of fondling her, you will meet with trouble. 34, 46, 52.

MOSS—To dream of moss signifies distress. 18, 63, 78.

MONTH—To dream of each month, and what it denotes.

JANUARY—Signifies long life. 19, 55, 63.

FEBRUARY—Denotes riches and honor. 13, 16, 75.

MARCH—Denotes thrift and happiness, and that you will rise in the world. 7, 15, 20.

APRIL—Is a sign of sickness in the family. 4, 7, 20.

MAY—Predicts ruin and desolation. 2, 4, 6.

JUNE—Signifies success in love matters. 3, 6, 9.

JULY—Foretells some secret of your own will get out. 8, 16, 42.

AUGUST—Is a sign of bankruptcy through carelessness. 6, 17, 41.

SEPTEMBER—Foreshadows success in your business. 5, 9, 40.

OCTOBER—Foretells caste, and you will, perhaps, become poor, 8, 42, 62.

NOVEMBER—Signifies you will have troubles through life. 7, 9, 63.

DECEMBER—Signifies contentment. 8,16, 72. Also each day of the month, with what they denote, with their numbers:

1st. A child born within twenty-four hours after the new moon will be fortunate, and live to a good old age. Whatever is dreamt on that day will be fortunate and pleasing to the dreamer. 1, 3, 14.

2d. The second day is very lucky for discovering things lost or hidden treasure; the child born on this day shall thrive. 2, 17, 22.

3d. The child born on the third day will be fortunate through persons in power, and whatever is dreamed will prove true. 1, 3, 5.

4th. The fourth day is bad; persons falling sick on this day rarely recover. 4, 7, 22.

5th. The fifth day is favorable to begin a good work, and the dreams will be tolerably successful; the child born on this day will be vain and deceitful. 5, 13, 42.

6th. The sixth day the dreams will not immediately come to pass and the child will not live long. 6, 16, 63.

7th. On the seventh day do not tell your dreams, for much depends on concealing them; if sickness befalls you on this day, you will soon recover; the child born will live long, but have many troubles. 7, 18, 33.

8th. On the eighth day the dreams will come to pass; whatever business a person undertakes on this day will prosper and produce most beneficial results. 8, 45, 51.

9th. The ninth day differs very little from the former; the child born on this day will arrive at great riches and honor. 9, 24, 36.

10th. The tenth day is likely to be fatal; those who fall sick will

rarely recover; but the child born on this day will live long and be a great traveller. 10, 37, 39.

11th. The child that is born on the eleventh day will be much devoted to religion, of an engaging form and manners. 11, 15, 51.

12th. On the twelfth day the dreams are rather fortunate, and the child born shall live long. 5, 12, 60.

13th. On the thirteenth day the dreams will prove true in a very short time. 7, 10, 13.

14th. If you ask a favor of any one on the fourteenth day, it will be granted. 14, 25, 63.

15th. The sickness that befalls a person on the fifteenth day is likely to prove mortal. 6, 9, 15.

16th. The child that is born on the sixteenth day will be of very ill manners and unfortunate; it is nevertheless a good day for the buying and selling of all kinds of merchandise. 13, 16, 71.

17th. The child born on the seventeenth day will be very foolish; it is a very unfortunate day to transact any business, or contract marriage. 7, 17, 27.

18th. The child born on the eighteenth day will be valiant, but will suffer considerable hardships; if a female, she will be chaste and industrious, and live respected to a great age. 18, 48, 52.

19th. The nineteenth day is dangerous; the child born will be very ill-disposed and malicious. 11, 13, 19.

20th. On the twentieth day the dreams are true, but the child born will be dishonest. 20, 41, 57.

21st. The child born on the twenty-first day will grow up healthy and strong, but be of a very selfish, ungentle turn of mind. 21, 30, 32.

22d. The child born on the twenty-second day will be fortunate; he or she will be of a cheerful countenance, religious, and much beloved. 4, 7, 22.

23d. The child that is born on the twenty-third day will be of an ungovernable temper, will forsake his friends, and choose to wander about in a foreign country, and will be very unhappy through life. 17, 23, 32.

24th. The child born on the twenty-fourth day will achieve many heroic actions, and will be much admired for his extraordinary abilities. 24, 63, 75.

25th. The child born on the twenty-fifth day will be very wicked; he will meet with many dangers, and is likely to come to an ill end. 3, 4, 12, 25.

26th. On the twenty-sixth day the dreams are certain; the child then born will be rich and greatly esteemed. 26, 35, 46.

27th. The twenty-seventh day is very favorable for dreams, and the child then born will be of a sweet and amiable disposition. 27, 36, 45.

28th. The child born on the twenty-eighth day will be the de-

light of his parents, but will not live to any great age. 76, 28, 67.

29th. Children born on the twenty-ninth day will experience many hardships, though in the end they may turn out happily. It is good to marry on this day; and business begun on this day will be prosperous. 29, 53, 63.

30th. The child that is born on the thirtieth day will be fortunate and happy, and well skilled in arts and sciences. 2, 30, 62.

31st. The thirty-first is good, as it favors all undertakings. 9, 18, 27.

MOLE—To dream of a mole on the arm, right or left, shows the person to be of an amiable disposition; it denotes that a man will have many trials through life; but to a woman she will have a good husband, with many dutiful children. 1, 2, 11. To dream of a mole on the ankle shows ill-success in business. 6, 14, 39. On the anus, you will be of a quarrelsome disposition. 4, 5, 9. If you dream of them on the armpits you will suddenly become rich. 15, 22, 25. If on the back, shows an intemperate and slothful disposition. 19, 55, 77. If on the belly, it denotes much misfortune in life. 9, 18, 29. If on the bosom, many children, who will marry well. 1, 4, 5. If on the breast, you will receive a fortune. 27, 45, 69. On the buttocks, shows a person of an indolent disposition. 16, 47, 56. In the cheek, you will rise above your present condition. 16, 47, 56. On the chin, you will receive a declaration of love. 9, 43, 72. On the ear or eye, shows a contended disposition. 1, 2, 22. On the elbow, signifies shiftfulness and poverty. 1, 6, 11. On the eyebrow, predicts an active disposition. 15, 54, 68. If on the finger, signifies embarrassment in business. 1, 5, 55. If on the foot, shows you will be a thief or a dishonest person in some way. 21, 66, 67. On the forehead, you will arrive at great honor. 1, 4, 62. If on the groin, you will be very fortunate. 15, 50, 51. On the gullet, you will become popular. 5, 29, 38. If on the hand or heart, denotes poverty and a headstrong disposition. 15, 34, 47. On the heel, shows a melancholy disposition. 6, 44, 68. If on the hip, you will be very fortunate. 2, 27, 34. On the leg or knee, shows a delicate appetite. 3, 59, 60. If on the lips, you will rise to unexpected honors. 22, 31, 58. If on the navel, you will have many children. 24, 59, 62. On the neck, you will be wretched and unhappy. 25, 45, 77. If on the nipple, shows a prudent and discrete temper. 52, 64, 65. On the nose, denotes you will get a good wife or husband when you marry. 50, 51, 76. If on the nostril, it denotes great success in life. 18, 53, 74. On the private member, you will become suddenly rich. 1, 5, 10. If on the shoulder, you will be twice married. 4, 26, 28. If on the side, shows a person of a foppish disposition. 2, 26, 35. If on the stomach, shows you are rather indolent. 6, 9, 71. If on the thigh, shows a good and benevolent disposition. 29, 45, 46. If on the tongue, you will be distinguished. 7, 22, 40. If on the wrist, you will marry the one of your choice. 5, 12, 36.

NAMES—To dream of certain names indicates a free conscience and long life to the dreamer. 11, 27, 42. The following is a correct list of both genders, with their numbers:

LADIE'S LIST

Anna, Anne, or
Arabella, 18, 21, 65,
Amy, 4, 8, 54,
Agatha, 1, 8, 16.
Agnes, 6, 7, 8,
Adeline, 4, 13, 50,
Amanda, 9, 42, 30.
Alice, 8, 16, 42.
Angeline, 17, 45, 78,
Barbara, 18, 42, 21,
Bertha, 17, 31, 45,
Beulah, 19, 25, 47,
Beatrice, 4, 14, 18,
Benedicta, 2, 7, 9,
Blanche, 11, 42, 69,
Bernice, 8, 19, 23,
Bridget, 11, 17, 20,
Catherine, 58, 62, 70,
Caroline, 16, 22, 40,
Cordelia, 42, 54, 63,
Cecelia, 11, 19, 40,
Cassandra, 17, 35, 42,
Charloette, 4, 17, 20,
Charity, 2, 8, 16,
Christina, 12, 17, 37,
Chloe, 2, 8, 16,
Clara, 13, 36, 42,
Cicely, 1, 60, 70,
Constance, 25, 55, 76,
Deborah, 29, 47, 55,
Diana, 8, 13, 20,
Dorothy, 11, 12, 16,
Dorcas, 28, 41, 71,
Dora, 6, 40, 60,
Emma, 51, 54, 74,
Ellen, 6, 8, 12,
Edith, 22, 28, 63,
Elinor, 1, 7, 10,
Eliza, 2, 25, 70,
Eve, 18, 56, 65,
Elizabeth, 5, 8, 61,
Emily, 5, 41, 56,
Esther, 36, 62, 66,
Ella, 6, 9, 14,
Edna, 27, 32, 40,
Elvira, 14, 19, 20,
Eunice, 1, 18, 51,
Emeline, 11, 16, 74,
Evangeline, 9, 60, 70,
Frances, 6, 17, 33,
Fanny, 18, 44, 50,
Floy, 8, 17, 72,
Gertrude, 19, 66, 69,
Grace, 3, 46, 60,
Georgiana, 12, 28, 75,
Hagar, 17, 19, 63,
Helena, 2, 63, 69,
Helen, 1, 21, 65,
Hannah, 21, 46, 52,
Harriet, 21, 46, 60,
Isabella, 4, 11, 19,
Ida, 50, 71, 75,
Jane, 5, 10, 15,
Julia, 2, 6, 17,
Josephine, 7, 10, 11,
Janet, 3, 6, 9,
Joyce, 2, 39, 53,
Joan, 11, 13, 56,
Judith, 11, 56, 60,
Letitia, 4, 15, 18,
Lucretia, 11, 23, 38,
Lilly, 1, 4, 7,
Lucy, 10, 16, 44,
Lydia, 2, 5, 9,
Laura, 15, 68, 75,
Mable, 5, 30, 40,
Margaret, 9, 19, 60,
Madeline, 15, 69, 74,
Martha, 11, 21, 37,
Mary, 19, 23, 57,
Maud, 12, 77, 56,
Matilda, 31, 50, 78,
Marion, 1, 20, 66,
Mercy, 1, 18, 37, 40,
Meriam, 6, 9, 14,
Margery, 18, 19, 20,
Mildred, 3, 22, 44,
Nicola, 7, 12, 69,

Nancy, 8, 19, 27,
Norah, 4, 8, 11, 22,
Naomi, 2, 3, 13, 21,
Olivia, 12, 21, 42,
Olympia, 38, 51, 66,
Patience, 9, 11, 66,
Prudence, 2, 7, 9,
Patsey, 6, 14, 32,
Pauline, 8, 19, 71,
Penelope, 2, 19, 27,
Philippa, 3, 9, 40,
Phoebe, 8, 21, 42,
Priscilla, 4, 26, 54,
Phillis, 5, 12, 38,
Rachel, 2, 20, 22,
Ruth, 45, 73, 78,
Rebecca, 6, 60, 70,
Rhode, 1, 54, 71,
Rosa, 15, 50, 51,
Rosamond, 29, 58, 67,
Rosalie, 18, 42, 65,
Rosecleer, 14, 27, 33,
Susan, 2, 10, 56,
Sapphira, 11, 19, 23,
Susannah, 6, 14, 32,
Sarah, 33, 56, 60,
Sophia, 6, 9, 54,
Tabitha, 8, 12, 42,
Temperance, 18, 22, 40,
Theodosia, 18, 27, 32,
Theresa, 4, 13, 49,
Ursala, 26, 36, 35.

GENTELMEN'S LIST

Abraham, 2, 67, 76,
Abel, 13, 47, 74,
Aaron, 12, 17, 48,
Adolphus, 28, 34, 62,
Adam, 1, 10, 56, 60,
Alexander, 11, 22, 33,
Albert, 17, 19, 21, 22,
Ambrose, 1, 11, 17,
Amos, 8, 24, 60,
Alfred, 17, 22, 31,
Anthony, 10, 13, 21,
Andrew, 8, 20, 72,
Arnold, 3, 16, 71,
Archibald, 4, 33, 43,
Augustin, 16, 21, 47,
Augustus, 19, 36, 49,
Arthur, 1, 14, 36,
Benjamin, 31, 51, 55,
Bernard, 5, 14, 16,
Bartholomew, 48, 49, 52,
Bertram, 15, 41, 62,
Boniface, 15, 18, 70,
Caleb, 10, 11, 34,
Caesar, 2, 8, 40,
Cecil, 3, 7, 8,
Clifford, 8, 38, 49,
Charles, 3, 20, 25,
Clement, 10, 37, 42,
Conrad, 14, 20, 52,
Christopher, 4, 6, 10,
Cuthbert, 5, 50, 51,
Constantine, 3, 13, 55,
Daniel, 51, 63, 69,
David, 7, 8, 72,
Denis, 33, 40, 70,
Edgar, 8, 35, 74,
Ellsworth, 18, 33, 49,
Elmer, 1, 14, 66,
Edmund, 6, 11, 13,
Edwin, 30, 56, 61,
Edward, 35, 48, 74,
Elisha, 18, 22, 68,
Elijah, 15, 24, 51,
Erasmus, 48, 52, 76,
Ephraim, 1, 30, 73,
Ernest, 38, 45, 55,
Eustace, 27, 37, 50,
Eugene, 34, 68, 69,
Ezekiel, 11, 33, 67,
Everard, 7, 69, 70,
Felix, 2, 5, 66,
Frederic, 31, 56, 75,
Francis, 11, 16, 18,
Ferdinand, 2, 6, 24,
George, 2, 4, 6,
Gabriel, 6, 15, 78,
Godfrey, 28, 53, 59,
Guy, 4, 31, 52,

Giles, 5, 11, 15,
Gideon, 15, 49, 50,
Gilbert, 13, 15, 67,
Geoffry, 2, 18, 38,

Hannibal, 8, 28, 67,
Harold, 18, 47, 73,
Henry, 6, 17, 20,
Hector, 19, 51, 66,
Hezekiah, 40, 60, 77,
Herbert, 14, 15, 16,
Hubert, 15, 33, 75,
Horatio, 1, 10, 56,
Humphrey, 1, 15, 44,
Hugh, 19, 38, 62,

Isaac, 11, 19, sides,
Israel, 28, 34, 75,
Isiah, 28, 63, 66,
Ishmael, 5, 10, 44,

Jacob, 15, 23, 56,
James, 3, 18, 45,
Joseph, 18, 35, 62,
Joel, 9, 15, 62,
John, 31, 56, 75,
Job, 10, 14, 68,
Jonah, 16, 44, 58,
Jonathan, 5, 6, 25,
Josias, 56, 64, 66,
Joshua, 18, 46, 59,
Johnston, 6, 66,

Laurence, 1, 55, 75,
Leonard, 16, 27, 50,
Leopold, 51, 73, 55,
Lazarus, 48, 53, 57,
Lewis, 52, 47, 57,
Luke, 3, 39, 45,
Lionel, 2, 37, 56,
Lucius, 12, 51, 64,
Luhis, 23, 60, 78,

Matthew, 31, 32, 77,
Martin, 19, 24, 40,
Mark, 6, 20, 34,
Moses, 37, 49, 59,
Michael, 4, 11, 28,

Nicolas, 21, 40, 71,
Norman, 48, 35, 50,
Nathaniel, 12, 67, 78,

Obadiah, 1, 2, 15,
Orlando, 15, 19, 7,
Owen, 5, 22, 39,
Oliver, 3, 18, 69,

Patrick, 28, 71, 74,
Paul, 59, 69, 74,
Peter, 9, 20, 73,
Percival, 34, 51, 66,
Pusey, 47, 58, 59,
Peregrine, 7, 43, 53,
Phineas, 27, 32, 59,

Ralph, 20, 46, 66,
Robert, 8, 24, 49,
Richard, 31, 66, 78,
Reuben, 18, 64, 76,
Roger, 1, 10, 24,
Rudolph, 28, 59, 71,
Rowland, 16, 50, 76,
Rufus, 22, 38, 72,

Saul, 15, 38, 75,
Solomon, 40, 42, 58,
Samuel, 10, 35, 44,
Samson, 18, 45, 57,
Simon, 24, 27, 45,
Sebastin, 24, 31, 50,
Simeon, 4, 38, 71,
Stephen, 3, 5, 40,

Theodore, 1, 22, 34,
Theophilus, 45, 52, 59,
Timothy, 11, 59, 67,
Thomas, 5, 12, 78,
Thaddeus, 4, 19, 74,
Toby, 9, 37, 43,
Tobias, 4, 44, 69,

Vincent, 9, 16, 73,
Valentine, 8, 16, 42,
Vivian, 29, 36, 70,

Wallace, 8, 16, 45,
Walter, 17, 23, 30,
Worthington, 19, 20, 50,
Willard, 42, 55, 76,
William, 7, 10, 11,
Willis, 16, 29, 75,

Zedekiah, 8, 14, 22,
Zebedee, 5, 11, 28,
Zachary, 4, 22, 50,
Zaccheus, 9, 41, 72,

NAVIGATION—If any one dreams he is sailing in a boat, he will have success in business; but if the water be tempestuous, he will have trouble among friends; to dream of being in a boat and in danger of upsetting is a sign of treachery. 11, 22, 33, 47, 74.

NIGHTMARE-DREAMS—Are ominous to the dreamer; if you hear a voice, be careful of your character. 8, 12, 50,

NUN—To see a nun signifies success in love, a kind and industrious husband, with dutiful children. 22, 40, sides.

OLD AGE—Signifies good news. 69, 70, 78. To see an old man is a sign of love to the young. 53, 63, 71. To see an old one-eyed man denotes treachery. 50, 53, 59. To see an old woman signifies good fortune. 22, 40, 65, 69, 70.

ORANGES—To dream of eating them is joy and profit. 3, 12, 36.

ORCHARD—Denotes that you will become rich through some game of chance. 11, 44, 66.

OVERCOAT—Signifies sorrow. 4, 41, 44.

OVEN—Shows you will suddenly become rich. 4, 8, 40.

PAPER—Denotes agreeable pursuits. 20, 23, 35. To dream of a paper-maker foretells the acquisition of much money. 23, 50, 60. To dream of a paper-mill signifies joy followed by sorrow. 4, 31, 50. To dream of black paper signifies solitude and tears. 4, 13, 55.

PAIL—To dream of milking in a pail signifies good luck. 10 to 70 combination.

PAIN—To dream you are in pain denotes that you will make a fortune in some dishonest way. 22, 33, 55.

PARDON—To dream you receive a pardon is a bad omen, and foretells loss in trade. 7, 13, 19.

PARENTS—Is good to the dreamer and signifies long life. 1, 22, 60.

PASSION—To dream you are in a passion foretells a disappointment. 74, 75, 78.

PEANUTS—To dream of an abundance of them signifies treachery and malice. 8, 11, 19.

PEDDLER—Signifies care. 13, 42, 50.

PEACHES—To see them growing, happy love; to eat them, deceit. 28, 39, 62.

PERFUMES—To dream of pleasant perfumes denotes idleness. 56, 64, 65.

PEOPLE—To dream of many people is an excellent omen, and you will have great increase in business. 30, 50, 52.

PENCIL—Secret enemies. 53, 1, 11.

PEN—If you dream you are writing with a pen you will lose a friend. 60, 1, 11. To dream of a penholder, bankruptcy. 69, 1, 5.

PET—To dream you have a pet of any kind foretells you will be robbed of your estate by dishonest persons. 2, 14, 51.

PIES—To dream of making pies denotes strife; if you eat them, slander. 2, 3, 69.

PICTURES—Signify false friends. 22, 29, 60.

PICKPOCKETS—To dream of them shows the acquisition of wealth. 10, 17, 50.

PLAYING DICE—Signifies embarrassment in business. 1, 2, 3, 20.

POISON—To dream you take poison denotes a malicious disposition; to dream you poison one signifies poverty and distress. 4, 48, 71. To dream you are poisoned by a friend denotes riches. 14, 44, 73.

POTATOES—To dream you eat potatoes is a sign of treachery; to cook them, you will be disgraced through life. 26, 36, 46, 56.

POOR-HOUSE—To dream you are in a poor-house signifies great gain. 33, 40. To dream of poor people foretells the receipt of money. 6, 9, 15. To dream of a poor woman denotes slander by a friend. 34, 43, 53.

PORK—Is an unfavorable dream. 4, 28, 71.

PREACHER—To dream of one denotes impudent flattery. 30, 37, 57.

PROSPERITY—If you dream you are prosperous, you will suddenly become poor and unhappy. 5, 9, 40.

PRIVY—To dream of a privy signifies troubles through life. 3, 18, 21, 33.

QUEEN—Denotes abundance of instruction. 23, 69, 73.

QUICKSILVER—To dream of this mineral is a sign of trouble, discontent and unhappiness. 6, 7, 9, 13.

RACING—To run a race is a very favorable sign; if you are beaten riding a race, you will be disappointed in some way. 4, 11, 44.

RASPBERRIES—To pick them, much gain; to eat them, sorrow. 14, 26, 31.

RADISHES—To dream you eat radishes, you will be successful in business. 2, 3, 12.

RAW MEAT—Troubles in the married state. 2, 5, 49.

READING—Denotes quarrels between husband and wife. 4, 9, 36. To read anything remarkable shows loss of money or friends. 6, 15, 51.

RED—To dream of seeing anything red denotes success in love matters, and disappointment to the man of business. 11, 18, 19. To dream of seeing a red eye denotes you will travel by sea. 27, 37, 73. To dream of red hair betokens agreeable and honorable pursuits. 1, 7, 11. To dream of red paint signifies loss. 2, 22, 50.

RINGING BELLS—Denotes many friends. 32, 42, 62.

RIFLE—To dream of one denotes some friend will become your

enemy. 7, 28, 34, 57. To dream of a rifle-maker foretells good luck in business matters. 7, 23, 50.

ROPE—You will come to great distinction. 1, 11, 25. To dream of a rope-maker, you will be engaged in some affair that will bring you to disgrace. 1, 50, 51.

RUPTURE—Is ominous to evil. 18, 28, 39.

SAILING—To dream you sail pleasantly along denotes honor. 1, 10, 50, 69, 70. To see the sails of a ship denotes fortune. 4, 11, 48. To see a sail-maker denotes unfavorable news. 38, 40, 50, 48.

SALT—To see salt denotes treachery. 6, 9, 16. To see a saltlake denotes that you will be suddenly married. 1, 6, 18. To dream of looking at salt fish signifies affliction and trouble. 5, 7, 9. To see them packed in saltpetre signifies unto him sickness and poverty. 5, 18, 40.

SAW—To dream of a saw denotes to the dreamer a spell of sickness. 7, 17, 77. To see a sawyer denotes contentions in your family. 14, 17, 27. To see sawdust signifies trouble and difficulty in the management of affairs. 11, 14, 17.

SCANDAL—Denotes shame and disgrace. 59, 69, 75.

SCRATCH—To scratch the head betokens to him that is in debt that he shall acquit himself. 30 to 70 combination.

SEA—To behold a rough sea signifies great deeds. 17, 34, 42. To see sea-shells denotes a long journey. 47, 56, 70. To see a sea-fight denotes trouble. 11, 33, 44. To see a sea-onion denotes a good legacy from a relation. 11, 36, 44. To dream of a seaman presages happiness. 26, 46, 50, 61. To see the sea-shore denotes infidelity to lovers. 22, 50, 53. To see a sea-swallow signifies distinction. 22, 46, 71. To go on a sea-voyage denotes great riches. 6, 28, 71, 76.

SERVANTS—To dream of having a man serving you denotes loss of business. 9, 50, 51. To dream of having a servant-girl threatens danger. 6, 9, 22.

SHAME—Denotes sickness. 16, 22, 45.

SHAVING—To shave yourself denotes heavy loss in trade. 7, 10, 20.

SITTING AT TABLE, EATING—Denotes joy. 4, 12, 33, 51.

SLEEPER—Always a bad sign. 14, 40, 41.

SPOON—To dream you eat from a spoon denotes anger and quarrels. 26, 31, 53.

SPRINKLING—Denotes great danger. 7, 9, 56.

SQUIRREL—To dream of a squirrel shows merited confidence. 2, 19, 22.

STEALING—To dream you steal money signifies you will become very poor. 10, 16, 45. To steal gold plate, you will be very sick and your recovery very doubtful. 3, 16, 49. To dream you are caught stealing, you will rise to some great honor. 9, 16, 45.

STREET—To dream of a certain street denotes health. 13, 35, 54. To dream of Seventh Street, you will become very poor. 7, 9, 45. To dream of Sixth Street, beware of secret enemies. 5, 13, 55. To dream of being in St. Mary's Street denotes loss of business. 22, 23, 37, 44.

SURPRISE—To dream you are surprised is an unlucky dream. 5, 72, 76.

SUPPER—To dream you are eating supper is a declaration of love. 2, 10, 45.

SWIMMING—To swim with your head out of water is a token of success. 7, 19, 29. To dream of swimming in dirty water, your enemies will slander you, and try to rob you. 11, 25, 40.

TAKING MEDICINE—To dream you are taking medicine denotes success through life. 43, 44, 54.

TEAPOT—If you dream of teapots, you will be slandered. 1, 4, 5.

TERROR—To dream you are in great terror to a lover, you will have many rivals; to a maiden, beware of false friends. 5, 11, 55.

TEACHER—To dream you have a teacher denotes the discovvery of secrets. 1, 3, 22.

THEFT—To dream you have committed a theft, you will change your residence. 10, 16, 43.

THIEF—To dream of one, loss of property. 10, 16, 45, 71.

THUNDER AND LIGHTNING—To dream your hear thunder and see lightning is a very good dream; it denotes success in business, good crops to the farmer, and a speedy marriage to the lover. 2, 7, 69, 70 to 78 combination. To dream of a thunderbolt signifies lawsuits. 27, 29, sides. To dream of a clap of thunder denotes strife. 27, 29, 33.

THEATRE—To dream you are at the theatre augurs evil to the dreamer. 6, 8, 12, 60, 66.

THIMBLE—For a woman to dream she loses her thimble, she will be slandered. 1, 10, 20.

UNKNOWN PERSON—To dream of unknown persons foretells poverty and disgrace. 9, 11, 66, 69, 70.

UNDERCLOTHES—Is a very favorable omen to the maid that her lover will be of an industrious turn. 2, 25, 52.

UNION—Denotes strength. 1, 15, 51.

UPROAR—Signifies that you shall be treacherously dealth with. 1, 8, 12.

UTENSILS—Of crystal, denotes love. 22, 42, 46. Of gold, denotes riches. 10, 16, 60, 64. Of silver, denotes honor. 7, 9, 13, 54.

VALE—Foretells some great loss. 35, 46, 64. To dream of a valet indicates wealth and power. 24, 42, 62.

VEAL—To dream you cook and eat veal is a very good dream;

it denotes great success in trade, good crops to the farmer, to the sailor a pleasant voyage. 14, 41, 57.

VENGEANCE—Signifies that you shall be treacherously dealt with. 18, 40, 69.

VICTUALS—To dream you eat victuals signifies dangerous illness. 2, 10, 61.

VIOLIN—To dream of playing the violin signifies good news. 8, 12, 28.

VICE—Foretells some great loss. 15, 56, 65.

VOICES—To dream you hear many voices signifies domestic dissensions. 8, 41, 60.

VOMIT—To dream you vomit signifies riches, with long life. 4, 14, 27.

WAKING—To seem to be awake denotes sickness. 19, 39, 42.

WATER—To dream you cross water shows the sudden death of a relative. 7, 9, 11. If the water be clear, it is a sign of grief. 1, 2, 3. If the water be dirty, it is a sign of sickness. 5, 47, 74. To dream of a water-mill indicates thrift in your affairs. 12, 21, sides. To dream of a waterfall denotes a speedy marriage. 9, 11, 19. To dream of a water-bucket is a sign of a journey. 8, 34, 43. To dream of a water-channel denotes weakness of character. 9, 11, 34. To dream of a water-can signifies trouble. 1, 60, 73. To dream of a water-dog is a sign of domestic troubles. 8, 28, 40. To dream of a water-hen signifies long life. 2, 22, 29. To dream of a watermelon, ingratitude. 11, 50, 67. To dream of water-pitcher, you will be the victim of a false love. 1, 11, 27. To dream of a water-serpent foretells good news. 16, 32, 45. To dream of waterworks denotes affluence. 9, 66, 68.

WEAKNESS—To unmarried girls it denotes shame. 8, 33, 40.

WHEAT—To see a field of wheat growing is a sign of grief. 10, 20, 44. To dream you gather wheat denotes weakness of character. 1 to 71 combination. To dream of wheaten flour shows you will lose a lawsuit. 10, 51, 62. To dream of wheaten bread denotes success in business. 10, 15, 20.

WHISPER—Denotes strife and malice. 2, 8, 62.

WHITE PERSON—10, 18, 44.

WIFE—It denotes change of affairs or condition. 8, 29, 42.

WINNING MONEY—Denotes a journey. 2, 11, 75.

WITCH—Promises riches and honor. 1, 16, 22. To dream of witchcraft signifies sickness and sharp words. 1, 14, 72.

WOMAN—Denotes successful speculation. 6, 10, 11, 22, 66. To dream of a woman's breast, you will hear some joyful news. 2, 22, 41. To dream of a pregnant woman denotes slander. 4, 11, 50.

WREATH—Signifies infidelity in the married state. 24, 30, 46.

WRIST—To dream your wrists are broken is evil. 1, 2, 62.

WREN—To dream of this bird is a good omen. 2, 8, 22.

ALPHABET LETTERS

To dream of the letters of the alphabet signifies an exalted position in society. Herewith is appended the signification of each, with their numbers:

A—Denotes ambition. 1, 5, 40.

B—Denotes beauty. 2, 8, 29.

C—Charity to all. 3, 9, 46.

D—Dangerous companions. 4, 8, 16.

E—You must endeavor to become popular. 5, 22, 25.

F—Faithfulness in love. 5, 9, 16.

G—Gentility. 9, 40, 57.

H—Denotes honesty. 9, 47, 69.

I—Augurs ill to the dreamer. 5, 9, 17.

J—Joy and gladness. 7, 19, 57.

K—Denotes maliciousness. 38, 46, 63.

L—Love and honor. 27, 38, 69.

M—Mercy and truth. 7, 16, 31.

N—Denotes integrity. 27, 73, 72.

O—Denotes enterprise. 19, 21, 56.

P—Prepare for misfortune. 3, 20, 28.

Q—Denotes quarrels. 1, 12, 60.

R—Ruin and disgrace. 16, 28, 43.

S—High standing in society. 19, 38, 57.

T—Truth and honor. 60, 69, 75.

U—Denotes that you are very useful. 11, 14, 39.

V—Vexation and crosses in love. 10, 15, 44.

W—Denotes increase of riches. 15, 26, 69.

X—Shows a stubborn disposition. 6, 13, 43.

Y—Loss of friends. 1, 8, 25.

Z—Hasty news. 3, 19, 27.

SINGLE AND COMBINATION NUMBERS FOR DREAMS WITHOUT THEIR INTERPRETATION NOT BEFORE ENUMERATED

Accordeon 4, 8, 18
A large number 4, 8, 18, 28
Auction 15, 20, 71
Auctioneer 29, 43, 60
Attorney 16
Awaking 4, 61
A vessel of war ..11, 33, 18, 46
A dead animal 49, 44
Anything filthy 3, 33
Abducting 9, 44, 56
Almanac 4, 14, 56
Bounty jumper 4, 5, 40
Bucket 9, 10, 20
Banana 4, 11, 44
Bank bills 4, 5, 54
Barking dogs 40
Bat 2, 30, 22
Bottle 1, 2, 10
Bookcase 4, 8, 40
Bull 6, 11, 66
Bedspread 4, 44
Bird cage 4, 2, 22
Black board 4, 44
Band-Box 10, 17, 20
Barber's shop 7, 10, 20, 40
Bar-room 11, 35, 40
Biscuit 1, 2, 3
Baby ......12, 26 and 4, 12, 18
Baseball 9, 16
Black 4, 9, 44
Clams 3, 11, 13
Cow's horns 6, 66
Chinaware 10, 19, 27
Cantelope 1, 10, 21, 69
Counter 4, 11, 44
Chalk 1, 6, 9
Clerks 1, 50, 55
Colored man 14
Coat 7, 15, 20
Cane 1, 11
City 40, 69, 78
Carrying beer 10, 30, 40
Cradle 8, 16, 71
Coal cart 4, 44
Churn 10, 22, 1
Churning butter 17, 39
Cartridge 2, 11, 17
Climbing a tree ...6, 11, 44, 66
Climbing a tin spout ..1, 11, 40
Charms 37, 64, 66
Cooking meat 6, 22, 55, 62
Cutting hay 1, 11, 13
Cutting grass 21, 56, 65
Chestnuts 6, 66
Castor 5, 10, 20, 30
Chamber pot 10, 19, 27
Crape 4, 44
Dish pan 3, 10, 33
Drug store 40, 44, 50
Dishes 1, 10, 19, 27
Dry goods 4, 44
Dry goods clerk 4, 44, 50
Diamond 14, 7, 10, 20
Drunken woman 22
Drunken man 14
Drinking 2, 13
Drawing teeth 1, 22, 50
Digging potatoes 7, 26, 36, 46, 56
Dance-house 8, 18, 28, 40
Drinking out of pump 2, 11, 22
Drinking out of hydrant 2,12,22
Eating dinner 2, 21, 69
Eating Supper 21, 69
Eating Breakfast 2, 21
Eating lunch 2, 69
Elephant 69, 70, 75
Elephant's trunk 24, 75, 64
Emperor 69, 70
Eating 7, 12, 23, 50
Fireplace 15, 69
Fence 1, 11
Falling 7, 27
Full moon 69, 70
Faro bank 11, 14
Frying pan 5, 11, 15, 60
Fruit cans 10, 20, 40
Flag 10, 16, 78
Feathers ...1 to 5 combination
Fish 7, 27, 57
Gas pipe 1, 5, 11
Gas burner 1, 11, 55
Graveyard 7, 9, 47, 74

German 18, 62, 41
Grocery store 18, 40, 46
Grass 1, 3, 5
Going to market 11, 22, 40
Goblet 8, 17, 56
Huckster 11, 40, 44
Husking corn 10, 16, 45
House of fire 15, 69
Hand-organ 4, 18, 28
Hail 3, 33
Hoop skirt 10
Hair in curls 5, 22
Hair in net 11, 22
Hat-box 15, 16, 40
Hickory nuts 9, 19, 56
Ham 5, 11, 12
Ink-bottle 8, 14, 72
Iron foundry 4, 11, 40
Indians 69, 70, 75
Ice cream 2, 21, 22, 50, 69
Jew's harp 8, 18, 58
Jars 10, 20, 30
Jug 10
Jew 17, 31
Knife and fork 1, 11
Key 9, 11, 19
Key ring 9, 11, 20
Lobsters 9, 11, 19
Locomotive 4, 11, 44
Lumber-yard 4, 40, 44
Lamp-post 1, 11
Looking in a window 4, 22, 50
Lying in bed 4, 22, 50, 44
Milking a cow 1, 45, 6, 66
Mowing grass ..7, 11, 44, 50, 66
Mowing-machine 11, 44, 66
Meeting-house 11, 66
Moss 11, 44, 66
Matches 1, 11
Match-box 1, 4, 11
Mattress 4, 8, 44
Money jugs 8, 10, 28
Man 50
Man and woman 22, 50
Man riding horseback 4, 44, 50
Market-house 6, 22, 55, 62
Marbles 1, 2, 3, 4
Mourning 42, 43, 22, 50
Necktie 3, 6, 22, 50
Name Enoch 48, 69, 71
Organ 48, 18, 28
Oilcloth 4, 44, 67
On the bed 4
On the feet 2, 5
Of the dead ....9 to 69 comb.
Of a new dress 4, 44
Of sewing anything ..4, 11, 44
Opera-house 40, 69, 70
Of being serenaded 8,18,22,50
Paper bags 11, 52, 73
Provision store 2, 7, 40
Printing-press 2, 5, 69
Picture frame 4, 16
Picture 4, 16, 44
Pickle 1, 11
Plough 4, 7, 16
Playing the violin 7, 9, 11
Picking peas 11, 14, 38
Private parts ..1, 10, 11, 39, 50
Pen 1, 11
Paper collars 4, 5, 44
Picking a pocket 5, 10, 80
Playing with children 1, 12, 19
Planting corn 10, 16, 44
Playing with fire 5, 19, 55
Painting a house 2, 12, 22
Poker 4, 44
Pitcher 15, 25, 51
Peeping 8, 16, 45
President 69, 70
Reading a newspaper 9, 10, 14
Reading sensation tale 27,28,63
Rocking the cradle 3, 5, 10
Razor 7
Road 11
Railroad 4, 11, 44
Railroad-cars 4, 44
Rope 1, 11
Red-haired woman 19, 22
Red-haired man 19, 50
Rock of stone 69, 70
Roach 1, 2, 3, 4
Rat 5, 14
Scrubbing 28, 38, 50
Shirt 12, 15, 48
Sewing machine 4, 8, 44

DOMINOES

EACH ONE AND THEIR NUMBERS

Six-double . . . . 44, 55, 66 or 48 single.
Six-five . . . . 18, 65 or 6, 71.
Six-four . . . . 14, 64, 72 or 30 single.
Six-three . . . . 28, 63, 72 or 5 single.
Six-two . . . . 62, 64, 65 or 8 single.
Six-one . . . . 5, 15, 21, or 2, 54.
Six-blank . . . . 2, 7, 10 or 35 single.
Five-double . . . . 23, 28, 40 or 8, 33
Five-four . . . . 56, 66, 75 or 16 single.
Five-three . . . . 2, 10, 56 or 5, 7, 41.
Five-two . . . . 7, 18, 50 or 30 single.
Five-one . . . . 5, 28, 75 or 21 single.
Five-blank . . . . 18, 52, 60 or 2 single.
Four-double . . . . 21, 38, 74 or 78 single.
Four-three . . . . 3, 4, 43 or 4 single.
Four-two . . . . 2, 4, 42 or 2, 21.
Four-one . . . . 1, 4, 41 or 50 single.
Four-blank . . . . 4, 10, 40 or 48 single.
Three-double . . . . 3, 30, 33 or 65 single.
Three-two . . . . 2, 3, 23 or 24 single.
Three-one . . . . 1, 3, 31 or 16 single.
Three-blank . . . . 4, 21, 30 or 4, 16, 30.
Two-double . . . . 2, 4, 22 or 3, 41.
Two-one . . . . 1, 2, 21 or 5, 17.
Two-blank . . . . 2, 5, 41 or 2 single.
One-double . . . . 11, 22, 41, or 2 single.
One-blank . . . . 2, 10, 21 or 10 single.
Blank-double . . . . 10, 17, 70 or 6 single.

FLOWERS

THEIR NAMES AND NUMBERS

Acacia Blossom 21, 25, 50
Aconite, blue 3, 7, 45
Aconite, yellow 4, 48, 57
Alpine Rose 1, 4, 28
Amaranth 9, 13, 56
Anemone 5, 12, 49
Anemone wood 4, 24, 36
Anise 10, 26, 37
Apple Blossom 14, 16, 28
Apricot Blossom 50, 66, 75
Aster 40, 42, 59
Aspen Leaf 22, 32, 38, 51
Auricula 22, 30, 38
Balsam 8, 49, 58
Balsam Rose 47, 61, 78
Barley 1, 10, 40, 76
Bay 1, 11, 19
Bean Blossom 50, 54, 76
Birch Branch 4, 25, 55
Blackberry Branch ..18, 26, 47
Blue Bottle 41, 48, 60
Boxwood 10, 15, 44
Buckwheat Blossom 20, 37, 43
Burr 32, 45, 70
Buttercup 7, 24, 48
Cabbage Leaf 6, 10, 31
Camomile 25, 36, 53
Carnation 17, 28, 56
Century 21, 26, 48
Cherry Blossom 7, 14, 22
Chestnut Blossom 4, 16, 50
Clover Blossom 41, 45, 54
Columbine 8, 29, 65
Crown Imperial ..5, 23, 70, 73
Cuckoo Flower 44, 46, 63
Currant Twig 19, 48, 71
Cypress 20, 36, 51
Daffodil 18, 52, 64
Dahlia 12, 19, 20
Dell 7, 45, 69
Elder Blossom ...43, 54, 68, 76
Fig Leaf 53, 65, 75
Flax 2, 19, 47
Foxglove 56, 62, 76
Gilliflower 10, 23, 41
Grapevine 11, 23, 32
Grass 42, 52, 65
Hazel Twig 7, 32, 56
Heartsease 18, 61, 73
Heather Blossom 9, 41, 42
Heliotrope 19, 44, 68
Honeysuckle 16, 20, 69
Hyacinthe, single 7, 19, 36
Hyacinthe, double 3,14,33,52,71
Hydrangea 6, 10, 33, 64
Imortelle 4, 18, 39
Iris 20, 49, 67
Ivy 29, 45, 75
Jasmine 22, 27, 60, 77
Larkspur 12, 49, 57
Laurel 18, 64, 66
Lemon Blossom 20, 25, 68
Lily, Tiger 55, 70, 76
Lily, white 18, 56, 75
Linden Blossom 37, 48, 64
Maple Twig 17, 31, 47
Marigold 24, 28, 68
Marsh-mallow 13, 42, 53
Mignonnette 8, 37, 48
Mullen 32, 34, 50
Mushroom 23, 31, 33, 62
Myrtle Blossom 2, 12, 76
Myrtle Branch 30, 66, 68
Nettle 3, 15, 58
Oak Leaf 5, 23, 24
Oats 7, 29, 32, 36
Oleander 28, 59, 76
Parsley 1, 7, 58
Peony 19, 27, 60
Pine 4, 29, 30
Pink Carthusian 12, 42, 48
Pink, varigated 5, 41, 47
Pomegranate Blossom 4, 22, 74
Poppy 40, 66, 73
Potato Blossom 13, 52, 71
Primrose 35, 61, 66
Ranunculus 45, 58, 76
Ribbon Grass 3, 40, 50, 70
Rocket 6, 52, 65
Rose, monthly 2, 5, 26, 48

ASTROLOGY

At night when twilight was falling,
Our eyes were lifted towards the sky,
And as we viewed the different planets
We wondered what they were and why.

Now Science has come to our rescue,
We have astrologers by the score,
They tell us where these planets are
And what they are really for.

They say we are ruled by the planets,
Each person having their own;
They tell us what the stars foretell,
Otherwise, we might never have known.

I know of one great astrologer—
Phenomena is his name,
I personally believe that his picture
Should be placed in the "Hall of Fame."

So girls, if you're hunting a husband,
And don't know where he can be—
Just write in and ask Phenomena,
He'll describe him to a T.

Just tune in to WJAY,
He's at the Cleveland station,
And I'm sure you'll hear your answer
As he is heard all over the nation.

—MISS HELEN LAMP,
Sebring, Ohio,
January 6, 1913.

FORTUNATE NUMERALS

THE following Table will enable any person to immediately reveal their most fortunate Numerals, these Numerals are compiled according to the ancient Science of Astrology.

SPECIAL NOTE: The Numerals may be used SINGLE, DOUBLE, Triplicate or in combination.

If a careful check is made and record kept, it will be noted that the Numerals will in about seventy per cent of the cases where used, bring Good Fortune to the User.

The author of this system spent FIVE YEARS in experimenting before deciding to publish the system and does not attempt to advise as to the use of the Numerals.

Directions: If the reader happens to be a subject of LEO, Born between July 23rd and August 23rd, he shall find that his Fortunate Numerals for January are 7 and 4, his fortunate Numerals for September would be 9, 2 and 15, etc. For exact dates covering the different Astrological Signs refer to the Horoscope Readings.

Fortunate Numerals for Persons Born in
ARIES

For January	1, 5, 22
February	2, 5, 8
March	3, 7, 9
April	21, 17, 7, 2
May	8, 2, 5, 39
June	5, 3, 6
July	3, 07
August	9, 4, 5, 14
September	4, 17, 29
October	7, 1
November	11, 10, 4
December	12, 6, 3

Fortunate Numerals for Persons Born in
TAURAUS

For January	8, 3, 9
February	1, 2
March	3, 9, 10
April	1, 6, 9
May	4, 8
June	2, 7, 15
July	5, 1, 30
August	9, 0, 7
September	4, 7, 8
October	3, 2
November	5, 9
December	8, 3

Fortunate Numerals for Persons Born in
GEMINI

For January	4
February	9, 3
March	1, 7, 9
April	22, 13, 8
May	5, 4, 8
June	9
July	11, 6, 4
August	3, 4, 19
September	6, 8, 1
October	10, 5, 9
November	5
December	14

Fortunate Numerals for Persons Born in
CANCER

For January	1, 3
February	8, 2, 27
March	31, 40, 7
April	6, 3, 25
May	4, 2, 16
June	8
July	7, 9, 21
August	2, 5, 10
September	12, 3, 18
October	6, 8, 29
November	11, 5
December	8, 12

Fortunate Numerals for Persons Born in

LEO

For January	7, 4
February	13, 59
March	50, 3, 2
April	1
May	4, 7, 2
June	6, 0, 5
July	3, 7, 5
August	5, 7, 9
September	9, 2, 15
October	31, 6, 8
November	9, 17
December	2, 6, 17, 29

Fortunate Numerals for Persons Born in

VIRGO

For January	5, 6, 9
February	7
March	10
April	2, 5, 28
May	3, 7, 5
June	19, 27, 3
July	31, 37, 5
August	29, 16, 8
September	9, 10
October	12, 33, 6
November	19, 27, 1
December	3, 5, 8

Fortunate Numerals for Persons Born in

LIBRA

For January	1, 19
February	6, 8, 2
March	7
April	11
May	43, 39, 3
June	1, 6, 7
July	4, 6, 1
August	8, 5, 6
September	3, 17, 20
October	5, 35
November	12
December	29, 5

Fortunate Numerals for Persons Born in

SCORPIO

For January	10, 3
February	5, 8, 19
March	3
April	8
May	16, 31
June	25, 7, 14
July	3, 7, 9
August	2, 4, 7
September	4, 13
October	2
November	7, 9
December	9, 14, 20

Fortunate Numerals for Persons Born in

SAGGITARIUS

For January	2, 8, 6
February	15, 30, 1
March	1, 4, 9
April	9
May	16, 4
June	3, 5, 7
July	4, 7, 17
August	28, 6
September	8
October	25, 27, 1
November	6, 7
December	1, 3, 7

Fortunate Numerals for Persons Born in

CAPRICORN

For January	3, 4, 21
February	22
March	16, 38, 3
April	5, 12, 30
May	9, 26, 5
June	20, 4, 7
July	22, 7, 1
August	5
September	8, 3, 9
October	6, 5, 9
November	2, 8, 3
December	5, 9, 14

Fortunate Numerals for Persons Born in
AQUARIUS

For January	1, 19, 36
February	3, 7
March	4
April	7
May	11, 2, 17
June	26, 7, 3
July	9, 12
August	5, 8
September	2, 3, 6
October	14, 28
November	4, 6, 9
December	13

Fortunate Numerals for Persons Born in
PISCES

For January	3, 7
February	4, 9, 19
March	2, 5, 10
April	9, 1
May	28, 31, 4
June	18, 6, 1
July	5, 21
August	27, 4
September	15, 6, 9
October	27, 14, 2
November	11, 3, 7
December	9

FIT THIS FAMILY TOGETHER AND NAME THIS POEM IF YOU CAN

My hubby is a Lion,
My son is just a Ram,
And I'm a Bull Phenomena says,
Thank stars I'm not a Clam.

I have a daughter, she's a Goat,
A friend who is a Crab,
But when I die I want a Bull
On my Old Marble Slab.

Now boil this down and you will see
I've done my worst for you—
My motto's, "Always sing a song,"
Not snort and growl as others do.

—*By* POO-POO-PA-DOOP, *or*
MRS. GORDON LAUGHLIN,
Newell, West Va.

THE SCIENCE OF ASTROLOGY

THE influence of the heavenly bodies over the human race was well known to the Ancients. ASTROLOGY is frequently mentioned in the Bible. During the Dark and Middle Ages, mankind became material and gross and also developed the vicious habit of refusing to believe whatever might be hard to understand. During that period, much that was true and much that would help us was either lost or put aside. According to an article in the New York Tribune, Roger Bacon, a scientist of the thirteenth century had a wide knowledge of the most modern sciences, such as microscopes, engines and airplanes, but put his knowledge in a secret cipher to safeguard his life, since he had already been imprisoned for knowing too much!

The Standard Dictionary quotes Sir Walter Scott as writing: The belief in Astrology was almost universal in the middle of the seventeenth century." Now, Science is busy recovering the hidden facts and coming into its own. It is probable that more people now actually believe, or at least refuse to disbelieve, in the science of Astrology than at any previous period in the history of the world. The more intelligent a person, the less likely he is to assert that he KNOWS that the sun and moon, for instance, have no influence on human fate, even while he is compelled to admit that they do actually control the tides of the sea and profoundly influence the sprouting of seed, the growth of vegetation and the quality of the harvest.

Light comes from the sun, moon and stars. Scientists have proved beyond question that certain hidden qualities of light, such as the ultra-violet and the infra-red rays, profoundly affect the moods, temper, mentality and physical health of all humans. This is precisely just one single phase of what the ancient astrologers, unskilled though they were in such modern scientific instruments as the telescope and spectroscope, maintained and were even burned at the stake for!

They held that the sun, moon and stars, including the planets, influenced the physical and mental life of man. Such is the advance of science that at this day not one single honest scientist, even though he is an atheist, can squarely deny that such are facts. Let us prove it. Light comes primarily from the sun. Sunlight influences profoundly all life, vegetable and animal, on land and in the depths of the sea. Who can admit these facts—and all must—and yet maintain that the heavenly bodies have no influence on fate! Yet even within the memory limits of the youngest child who can legally enter alone a Movie House in New York City today, people have been arrested while claiming that such things were true!

Science advances steadily, stumbling at times, but honestly and surely climbing high and higher. Much has been learned recently about sunlight itself, but not all there is to know. Man has not yet even succeeded in perfectly reproducing sunlight, though many scientists have tried. When these efforts are completely and entirely successful we may look forward to seeing the fundamental principles of the Science of Astrology taught as a common subject in our public schools.

ASTROLOGICAL READING FOR A CAPRICORN PERSON, BORN BETWEEN DEC. 22 AND JAN. 19

CAPRICORN is the last sign of the Earthly Triplicity. It governs the knees of the Grand Man. This is the sign of the "Goat." It is not to be taken in its slangy sense. The language of Astrology was fixed thousands of years ago. The dominant characteristic of those born under Capricorn is the extremes of their moods. You will be happy and cheerful one day, even though bothered and annoyed, and on another you are gloomy and wish to be left alone, even though there is plenty of reason to be bright and cheerful at the moment. You have a serious streak, even in your humor, and the highest respect for those whose brains are highly developed. You greatly dislike interference and are quite willing to let other people do as they choose as long as they do not spoil your plans. You are much inclined to plan things out and really do more planning ahead than you probably realize. Capricorn people are organizers but often have the defect of trying to do too many things at once. You are much more contented when working for yourself than others.

Clear thinking, sadness, brilliancy are all common traits among those born under your sign. The following are all Capricorn people: Rudyard Kipling, who could make a story out of a horseshoe nail; General "Mad Anthony" Wayne, who simply couldn't stop fighting; Alexander Hamilton, one of the geniuses who created a government; arrogant, princely John Hancock, the first signer of the Declaration of Independence when signing at all meant at the risk of being hanged; Benjamin Franklin, the homespun diplomat who beat the cleverest of the world at their own game; Daniel Webster who made the Halls of Congress ring with an eloquence that has not since been equalled; Robert E. Lee, who though he fought on the wrong side, fought so well and so honorably that his enemies respected him most; Edgar Allan Poe, who wrote the "Raven" and lived a life of melancholy and privation.

Your governing planet is Saturn. Your birth stones are the moonstone and the white onyx. Your astral colors are brown, silver-gray and black. Your flower is the white rose.

FOR THOSE BORN UNDER THE CUSP

If you were born between Dec. 22 and 27, both inclusive, you are a "Cusper" and should read the explanation at the top of this page. Varying in degree, the foregoing is to be modified as follows: You are less given to unreasoning moods of despondency; more democratic; more observant and critical of others, and more fond of children. You are less likely to fall in love on impulse but when you do, you are more likely to be constant in your affections. Your tastes are more exacting. You want the best of everything.

COMPANIONSHIP, MARRIAGE, ETC.

As a person born under the Earthly Triplicity, you will do well to choose as an intimate companion, a close friend or in marriage, one of the following: A Taurus person (one born between Apr. 21 and May 21); a Libra person (Sept. 24 to Oct. 23), or a Virgo person (Aug. 24 to Sept. 23.) That is a wider field to select from than most people have. You should bear in mind, however, that you can find more than your fair share of happiness with those born under other signs, provided you frankly recognize the fact that you must make allowances for differences in individuality and disposition. Even with those recommended, you must not expect harmony without some sacrifice but with the others just meet each other half way without demanding perfection when you cannot give it in return.

ASTROLOGICAL READING FOR A PISCES PERSON, BORN BETWEEN FEB. 20 AND MAR. 21

PISCES is the sign of the FISH—the last sign of the Watery Triplicity. It governs the feet of the Grand Man or Microcosm. It is unfortunate that a silly bit of common slang should make it sound unpleasant to speak of one as a "Fish" person. As a matter of fact, as you will see clearly very shortly, the characteristics of a Pisces person are quite the opposite from modern slang. Astrology is many thousands of years old and slang changes from month to month. The dominant quality of Pisces people is a great, strong, beautiful tenderness and loyalty. This is frequently carefully hidden from view and gives just the opposite impression. Pisces people are sensitive and if their lot in youth has been such that their feelings have been hurt overmuch, they have learned in self defense to hide their true natures under a gruff or even harsh exterior.

A Pisces person who tries to "work" other people has a soul bent by accident, like the cripple with a twisted knee. It is not natural. Among prominent Pisces people are Voltaire, the Frenchman who fought shams so valiantly; Joe Jefferson, the actor, whose life was all sweetness; Buffalo Bill, George Washington and Phil Sheridan,

who fought more for others than for themselves. Chopin, Carl Schurz and Mrs. Browning were Pisces people.

You are naturally magnetic and one of your peculiar gifts, if you would only take it seriously and develop it, is that of producing results by laying on of hands. As is the case so often, with those who are naturally generous and honest, if early circumstances of life have dwarfed or twisted your natural bent, you are prone to go to the other extreme and be actually worse than those who are born with less nobility in their nature. Such a thing is a tragedy but fortunately it is much easier for Pisces people to reform than for many others, on account of the strong natural tendency towards the beautiful and the fine. Do not become hard and bitter towards others, because of a selfish few. Your governing planets are Jupiter and Neptune. Your astral colors are white, pink, emerald-green and black. birth stones: chrysolite, pink-shell, moonstone. Flower: violet.

For Those Born Under the Cusp

If born between Feb. 20 and 26, both inclusive, the foregoing is to be modified in accordance with the explanation of the "Cusp" at the top of this page, as follows: Varying in degree, as explained, you are more business-like in your kindnesses; have little selfish streaks in your generosity that you cannot explain even to yourself; more likely to make quick promises and forget them; but without any intention of doing harm; less hurt by disappointment and more inclined to be flirtatious. Better taste in dress and colors.

Companionship, Marriage, Etc.

Since your sign is the last of the Water Triplicity, you will do well to choose as an intimate companion, a close friend or in marriage, a Virgo person (born between Aug. 24 and Sept. 23). Next best, a Capricorn person (born between Dec. 22 and Jan. 20). Gemini persons (May 22 to June 21) are practically as good among the specially desirable for you. You should understand with exact clearness that among those born under other signs you can find those who will give you great happiness—much more than your share—PROVIDED each of you realizes clearly and distinctly that the other has personal faults and peculiarities, and that no one high a right to demand perfection without giving same.

Astrological Reading for an Aquarius Person, Born Between Jan. 20 and Feb. 19

AQUARIUS is the "Water Bearer," the last sign of the Air Triplicity and governs the legs of the Grand Man. Birth under this sign gives you extremes in character that are not found under other signs. It gives a combination of strength and weakness.

You are naturally endowed with great possibilities and under the right outward circumstances you could quickly reach the supreme heights. That is your strong point—the rare ability to BE and DO. With it is the weakness that without encouragement and appreciation, you get discouraged and let things slide as you would not dream of doing when filled with enthusiasm. Alone on a desert island, like Robinson Crusoe, you would be listless, careless and indifferent but when working in the surroundings you are best fitted for, with the right associates, you are capable of inspiring the love and admiration that is usually reserved for actual genius.

Under favorable conditions, you are apt to ask sincerely for advice and then fail to follow it or to ask questions and forget the answers. Let the conditions change to the ideal and even strangers want your opinion. The world history teems with instance of Aquarius people reaching the heights and the depths. Among them are: Stonewall Jackson, worshipped by his men; "Bobby" Burns, the unfortunate Scotch genius; McKinley, the murdered president; Swedenborg, the man who looked into the unknown; Aaron Burr, near-president and vile traitor through discouragement; Abraham Lincoln, worshipped and despised, carried to the heights and finally foully assassinated.

In your own heart you know you CAN do big things, even though your lips deny it. You are a natural born healer and your influence over the insane would seem almost magical to those who have not this trait. If this has not yet appeared in your life, bring it out! Your governing planets are Saturn and Uranus. Your astral colors are blue, pink and Nile green. Youth birth stones are sapphire, opal and turquoise. Your flower is the orchid.

FOR THOSE BORN UNDER THE CUSP

If born between Jan. 21st and 27th, both inclusive, you are a "Cusper" and should read the explanation at the top of this page. Varying in degree as explained, you differ from other Aquarius people as follows: You are more skilful in business management; a more successful money maker and more uncertain and spasmodic in your willingness to help others. You are less nervous but more skeptical and suspicious. Though all Aquarius people are original you are even more so. You are slower in placing your affections.

COMPANIONSHIP, MARRIAGE, ETC.

Since you are of Airy Triplicity, you would do well to choose as an intimate companion, or as a close friend, or even in marriage, an Aries person (one born between Mar. 21 and April 21). Next best would be a Saggitarius person (born between Nov. 23 and Dec. 21). These are the people you will find easier to maintain close relations with on an easy pleasant basis, OTHER THINGS BEING EQUAL. You should bear in mind that no matter how important the birth date is—and it IS important—you can find

much more than your fair share of happiness with those born under the signs not mentioned, PROVIDED you make yourself meet the other half way and carry your own share of the little "Give-and-takes" of life. You should not forget that you, an Aquarius person, are not perfect.

ASTROLOGICAL READING FOR AN ARIES PERSON, BORN BETWEEN MARCH 21 AND APRIL 20

ARIES is the head sign of the Fire Triplicity. It is the sign of the RAM, also called the sign of sacrifice because in ancient days the ram was the animal usually offered up in sacrifice. That does not mean that those born, like you, in this sign are the sacrifices—not at all. On the contrary you are more likely to sacrifice others. Try to avoid that. Aries persons are usually the executives of the world. They make others work for them. J. Pierpont Morgan, Chas. Schwab, Thomas Jefferson, Washington Irving and John Burroughs were all Aries people. Earnestness and determination are strong features of the nature you were born with. If you have let them die down, bring them up again. You can do it for it is natural to you.

Among your faults is a slight tendency towards obstinacy. This is particularly unfortunate because you seldom realize until after you have thoroughly cooled off that it is really a bit of stubborness. You think it something else at the time. You mistake it for eagerness and firmness and determination, which is quite natural in an Aries person. You can control this trait but it will take a real effort. Since you are naturally lovable and since none are perfect, you will find those who care for you much more willing to forgive it in you than they would in others.

The genius of this sign is the capacity to reach results quickly. When doing your finest work, you should not be disturbed. It is almost impossible to hide anything important from an Aries person for any real length of time. This, rightly handled, should put you in places of honor and importance, but be careful that it does not over-tempt you to say sharp caustic things that hurt people you really care for and who deserve well of you. Your governing planets are Mars and Neptune. Your astral colors are white, pink and purple. Your birth stones are diamond, amethyst and amber. Your flower is the tulip.

FOR THOSE BORN UNDER THE CUSP

If born between March 21st and 27th, both inclusive, the foregoing is to be modified as follows: Varying in degree, getting less as your birth date approaches the 27th, you are more cautious, more sympathetic, a bit less energetic, require more rest and are less likely to be led away by your passions. More inclined to

keep out of trouble by watching the experiences of others. More of the deep hidden emotions of the better sort. More talkative and less logical, but, to make up for it, with keener intuition. To be born under this cusp is a cause for congratulation.

COMPANIONSHIP, MARRIAGE, ETC.

Since you are of the Fiery Triplicity, you will do well to choose as an intimate companion, a close friend, or in marriage, a Saggitarius person (born between Nov. 22 and Dec. 21). Next best would be another person of your own sign—an Aries person. Also, a Libra person (Sept. 23 to Oct. 23) would be suitable. If you are a "Cusper," a Virgo or Capricorn person would likely make close relations easy and pleasant. Understand, PLEASE, that you can easily find in persons born under the other signs, all and more than you are fairly entitled to in the way of happiness, but in such cases prepare yourself for more of the "give-and-take" in little things and realize the importance of the other party being able to meet you at least half way.

ASTROLOGICAL READING FOR A TAURUS PERSON, BORN BETWEEN APRIL 20 AND MAY 20

TAURUS is the "Bull," the head sign of the Earthly Triplicity and governs the throat and neck of the Grand Man. You are at your best when you act for yourself and by yourself. If you would advance speedily, make your plans ahead, for you are too apt to decide on impulse and in particular to accept suggestions and go ahead without thinking things out carefully. Your choice of occupation is extremely important for you. Take that which you are sure will keep you interested. History can name no brighter stars of humanity than those Taurus people who chose their life work wisely and then put all their energy into it. Among the Taurus people of history are: Shakspeare, the greatest of writers; Oliver Cromwell, who changed the history of England; the Duke of Wellington, the hero of Waterloo; Peary, who discovered the North Pole; Melba, the famous beloved songstress.

You have great power of concentration but are inclined to pay too much attention to appearances. Your occasional streaks of generosity are almost appaling. It would be much better to strike a steadier, more even gait. You will be more successful in controlling other people by quiet easy methods instead of trying to force things too quickly. No matter how frail the body, Taurus people have an inner persistence and determination that can accomplish great things, if those things happen to be wanted badly enough. The reason many Taurus persons have the reputation for not being persistent and steady is because they don't really care enough for things to go and get them. It's lack of desire.

Because you can be extremely affectionate towards those of whom you are really fond, you find it easy at times to forgive the most unreasonable things, but on the other hand, you can be the kind of enemy that no sensible person would care to have around. It is easier for you to advise others to "love their enemies" than to do it yourself. Your governing planet is Venus. Your birth stones are moss-agate and emerald. Your astral colors are lemon-yellow and bright red, while your flower is the musk-rose.

For Those Born Under the Cusp

If born between April 21 and 26, both inclusive, you are a "Cusper" and should read the explanation at the top of this page. Varying in degree as explained, you differ from other Taurus people as follows: You tend more toward the mental and less toward the physical. You are more inclined to think that every one should believe as you believe and like what you like. You are more impatient of stupidity in others. You think every one should see through things as quickly and clearly as you do, which you can't expect.

Companionship, Marriage, Etc.

Since you are of the Earthy Triplicity, you should consider with special care the selection of your friends. You will do well to choose as a close friend, an intimate companion or a mate in marriage, a Capricorn person(one born between Dec. 22 and Jan 20). It will be equally desirable to choose a Libra person (Sept. 24 to Oct. 23). These people on account of their ruling planets should find it easy to get along with you but please understand clearly that you can find more than your share of happiness with those born under other signs, provided you control your disposition and each meets the other half way. There are two sides to every form of companionship and it will add to your future happiness if you bear in mind that Taurus people are not so easy to get on with.

Astrological Reading for a Gemini Person, Born Between May 21 and June 21

The sign of GEMINI is that of the "Twins" and governs the shoulders, arms and hands of the Grand Man. It is the head sign of the Airy Triplicity. Its dominant characteristic is duality of disposition. In other words, you are pulled in two opposite directions at the same time. You want to travel in foreign lands and do not even want to go down town. While you work you feel like playing and when playing your conscience tells you to work. Tears and smiles are mingled. Just when you are filled with enthusiasm over something it's just the time you are also thinking of its defects.

In the summer you want it colder and in the winter you wish it were warmer.

This sounds as though you were flighty and inconstant. Not at all. It means that constantly two forces are working within you. From this unusual situation sublime results are frequent. This can be made clearer by mentioning some of the well known names among those born under your sign. Walt Whitman, the eccentric genius-poet; Brigham Young, the Mormon leader; Pope Pius X; Jay Gould; Patrick Henry, who said, "Give me liberty or give me death"; Harriet Beecher Stowe, who wrote "Uncle Tom's Cabin", and John Wesley, who founded the Methodist Church. If you think of this list a moment it will reveal chapters of the pecularities of Gemini people. There is the dreamer who does things and the "doer" who dreams. You find the extremes of religion. An added instance of that is Dowie who called himself Elijah II.

One day you will take reckless chances that make your friends tremble if they know. Next day, or even the same, none can persuade you to take a slight chance for the sake of a big gain. Back of all this "twin" duality is a definite purpose. Down deep in your heart you know that you wish to reach a certain end and no matter how many roads there be that lead to it, you care little as long as you finally arrive. Your astral colors are white, red and blue. Your governing planet is Mercury. Your flower is the sweetpea and your birthstones are beryl and sapphire.

FOR THOSE BORN UNDER THE CUSP

If you were born between May 22 and 27, both inclusive, you are a "Cusper" and should first read the explanation at the top of this page. Varying in degree, as explained, you are more determined, much more single minded, less emotional, less nervous, and more apt to be misunderstood by your intimates. You are more easily provoked to anger but get over it quicker. You are less energetic but a better manager. You are more patient.

COMPANIONSHIP, MARRIAGE, ETC.

Since you are of the Airy Triplicity, you will do well to choose as a close friend, an intimate companion or in marriage, a person born under Aquarius (between Jan. 21 and Feb. 19) or else a Virgo person (Aug. 24 to Sept. 23). Do not imagine from this that you cannot be happy with those born under other signs or that you can do as you please with Aquarius or Virgo people without consequences. With those born under other signs, make up your mind to be specially careful to meet each other half way. If you will do this, you should be able to find your full share of happiness with those of other signs but still there is the advantage of the added security with those born as recommended. Birth dates are extremely important but important as they are, they are not everything!

ASTROLOGICAL READING FOR A CANCER PERSON, BORN BETWEEN JUNE 22 AND JULY 23

CANCER is the sign of the "Crab," the head sign of the Water Triplicity and governs the breast of the Grand Man. Modern slang makes the language of Astrology, a science many thousands of years old, seem peculiar. That is also true of all religions. CANCER, as we call it, is not disease. It is a term of astronomy like the "Tropic of Cancer." The Crab is also symbolical with nothing funny about it. The dominent characteristic of those born under the sign of Cancer is VERSATILITY, combined with a certain amount of uncertainty. Fewer Cancerians, probably, believe in Astrology than other people, yet on account of the uncertain elements in their nature, they need it even more than the steady going plodders. This is because the plodder, feeling the same way day after day, cannot help learning himself a little. The brilliant Cancer person seldom understands himself.

One striking peculiarity of Cancerians is the tremendous enthusiasm with which they take hold of a new project and the way they can carry through the apparently impossible, if properly backed up and understood by their intimate associates. At times they come close to setting rivers on fire. John D. Rockefeller is a Cancerian. Under less favorable conditions, the Cancerian will often let go, just at the time he should play the bull dog and hold on tight for a little longer. You need the proper backing! Farragut, who said "Damn the torpedoes! Go ahead!" was a Cancerian worshipped and backed up by his men. The best among Cancer people are pure gold. Hawthorne, the exquisite novelist; Rousseau, the French patriot who, in his "Confessions" humiliated himself by opening his inner heart to the view of the world, all for the good of humanity; John Calvin, the reformer and father of a branch of the Baptist Church; John Wanamaker, the great merchant; Mary Baker Eddy, founder of Christian Science—all these were born under your sign. What better proof of versatility of Cancerians can there be than putting side by side two such genuine leaders as Mrs. Eddy and John D.? Like them or not, as you please, but they were LEADERS! That holds of all Cancerians unless they were stunted or blanketed in youth so their true natures do not show. Born in a back alley, the rest of the bunch know they exist. Born with a gold spoon, the Cancerian is known best for what he IS, rather than what he has. Your planet is the changeable moon. Birth stones, emerald and black onyx. Astral colors, green and russet brown. Your flower is the azelea.

FOR THOSE BORN UNDER THE CUSP

If born between June 22 and June 28, inclusive, you are a "Cusper." Read the explanation at the top of this page. Varying in degree, as explained, you are more self-willed; more inclined

to flirt a little; more effectionate; more brilliant and much more magnetic.

COMPANIONSHIP, MARRIAGE, ETC.

As a Cancerian, you need to choose your intimates with unusual care. Very much depends on your effort to make allowances for the differences between yourself and others. As a close friend, intimate companion or in marriage, you will do well to choose a Pisces person (one born between Feb. 19 and Mar. 20). It can be said more truly of a Cancerian than of those born under the other signs, that your willingness to make allowance is more important than the sign he or she is born under. Other things being equal, choose a Pisces person by all means, but because you are what you are, much more—very much more—depends on your attitude than on the characteristics of your companion or mate. Selah!

ASTROLOGICAL READING FOR A LEO PERSON, BORN BETWEEN JULY 23 AND AUG. 23

LEO is the sign of the "Lion," the middle sign of the Fiery Triplicity and governs the heart of the Grand Man. The dominant characteristic of those born under this sign is a fighting loyalty to those they really love. If you have not yet felt willing to run any risk, take any chance, fight any fight, rather than see some particular person be punished unjustly, then you probably have not yet experienced the kind of love you are really capable of feeling. You are kind-hearted, sympathetic and carry concealed within your deeper nature a personal magnetism the nature of which you probably do not fully realize or understand. You are apt to give way at times to a generous impulse that carries you so far that afterwards you wonder how in the world you could have done what you did.

Among other marked traits of Leo people is a strong intuition. Intuition is a word that is often misunderstood. Many think it is just good guessing. Not so. It is an inner power to grasp things so quickly that even the person himself often thinks it is just a guess. That proves it is not a guess because in that particular case he guesses wrong. The best way to make a hit with you is to stop arguing when you once say "Yes, I understand." It often helps to understand a sign by going over a list of those born under it that the whole world knows about. The following are Leo people: Commodore Perry, who sent word "We have met the enemy and they are ours." Napoleon, almost Emperor of the world. Russell Sage, the man who made millions by saving and letting his money work for him. The late Cardinal Gibbons, a man who was respected and admired even by those who were strongly opposed to

his church. Leo people often develop that streak of worn out energy known as laziness, BUT, lazy or not, all Leo people DO things.

Another of your characteristics can be put in few words. You would rather plan things than carry them out, and at times are impatient of details. Your planet is the Sun. Birth stones: ruby and diamond. Astral colors: red and green. Your flower, the rose.

FOR THOSE BORN UNDER THE CUSP

If you were born between July 24 and 30, both inclusive, you are a "Cusper" and should read the explanations at the top of this page. Varying in degree as explained, the foregoing is to be modified as follows: You are much more daring; more energetic; more intense; more orderly; more generous toward those whom you do not like. You probably have a better memory than the non-cuspers. At times you are extremely frank while on other occasions you retire into the smallest, tighest shell you can possibly find.

COMPANIONSHIP, MARRIAGE, ETC.

Since you are of the Fiery Triplicity, you will do well to choose as a close friend, an intimate companion or in marriage, either a Saggitarius person (one born between Nov. 23 and Dec. 21) or an Aries person (Mar. 21 to April 20). You should understand clearly that, while the chances favor those born as mentioned, it does not follow that they are the only people with whom you can be happy. If you make up your mind to meet the other at least half way with a generous give-and-take spirit, you can find much more than your fair share of happiness with those born under other astrological signs. With your power of intuition, you should not expect everyone else to see things as quickly as you do, and should remember that those who think more slowly are apt to be right in the end. Selah!

ASTROLOGICAL READING FOR A VIRGO PERSON, BORN BETWEEN AUG. 23 AND SEPT. 23

VIRGO is the middle sign of the Earthy Triplicity and governs the bowels, solar-plexus and spleen of the Great Man. It is the sign of the "Virgin." One of your dominant characteristics is not just your ability to let people know what you think of them, but rather the fact that you cannot help letting them know. You are a faithful, loyal friend and a painstaking sort of an enemy and quite willing to do a good job of disliking people who treat you unfairly. You are inclined to be domestic in your tastes but the home must be "just so" or you feel that somewhere else is more homelike. You deserve much more scoldings than you actually

receive. Too many of them you dodge by making people feel so kindly toward you that they haven't the heart to be disagreeable with you. You have a strong tendency to take up a chance idea and in your mind to build it up to fantistic heights that you would not let others know for the world.

One of the strong traits of Virgo persons is their ability to convince others. Leadership comes to them naturally and easily. It is somewhat surprising to find one born under your sign who has a profound influence over the lives of others but accepts it in such a matter of fact way that they honestly deny any tendency toward leadership. Some, on the other hand, positively cannot hide it, even though they try. Among Virgo leaders are LaFayette, the Frenchman who fought for the United States in the Revolution; Tolstoi, the Russian philosopher who left the nobility to lead the masses; James Hill, the railroad pioneer of the Northwest; Ex-president Taft; Porfirio Diaz, the Dictator of Mexico; Queen Wilhelmina of the Netherlands, who, though born a queen, insisted on being a real queen and leading her people; James Gordon Bennett, founder of the New York Herald.

The hands of Virgo persons are frequently charged with great curative powers. This trait should be carefully cultivated as it is not only helpful to the possessor but to all who come in close contact. The governing planet of Virgo persons is Mercury. The birth stones are pink jasper and emerald. The astral colors are gold and black, speckled with blue dots, and the flower is the gardenia.

FOR THOSE BORN UNDER THE CUSP

If you were born between Aug. 24 and 29, both inclusive, you are a "Cusper" and should read the explanation at the top of this page. Varying in degree, as explained, you are more logical; more energetic; more fond of creature comforts; more magnetic; more tactful and more patient with opposition to what you regard as important principles of life.

COMPANIONSHIP, MARRIAGE, ETC.

Since you are of the Earth Triplicity, you will do well to choose as a close friend, an intimate companion or in marriage, one born under your own sign. This is one of the rare cases when like befits like. Next best are Libra persons (those born between Sept. 24 and Oct. 23) or those born under Saggitarius (Nov. 23 to Dec. 21). You are fortunate in having a nature so adaptable. You should understand that while those born under the signs mentioned are recommended, it does not mean that you cannot be happy with those of other signs. If you unite with others, you should make up your mind to meet the other at least half way in making allowances for differences in temperament and disposition. It takes two always to make any relationship pleasant. One cannot do it all. Selah!

ASTROLOGICAL READING FOR A LIBRA PERSON, BORN BETWEEN SEPT. 23 AND OCT. 23

LIBRA is the sign of the "Scales" and is the middle sign of the Airy Triplicity. It governs the loins and reins of the Grand Man. It has been said that all the bad luck in the world ought to be visited on Libra people because it hurts them less than it does others. Dominant characteristics of those born under this sign is the quickness with which they "bob up serenely" after misfortune. A marked instance of this is the divine Sarah Bernhardt, the greatest actress of a century, who held her audiences spellbound though over seventy and with a leg amputated. Libra people often turn misfortune into a positive advantage. Cervantes, one of the greatest writers of all history, wrote "Don Quixote" in jail. But there is no reason to suppose that their ability to stand bad luck gives Libra people more than their share. Another striking feature of Libra natives is a secret longing for new sensations, carefully concealed, as a rule, except in reckless moments.

Libra people are magnanimous and are often embarrassed to find that all people are not the same. They have a sense of justice that, unless perverted, is keen and beautiful. This also carries with it disadvantages. Just as a delicate watch will not stand the rough handling a cheap alarm clock will stand, so it is with the finer senses of those born under Libra. Once yield to the temptation to be dishonest and the delicate sense of honor is badly damaged. That accounts in part for the large number of reckless gamblers born under Libra who, in spite of their calling, can be depended on absolutely to keep their word in money matters. Another trait is the red-blooded love for a real fight in a good cause. Admiral Lord Nelson, the hero of Trafalgar; honest rugged old Oom Paul Kruger, the fighting Boer and scrappy old Zachary Taylor, president of the United States, are instances. Without the fight but with the love of justice was William Penn, the quiet Quaker who founded Pennsylvania and was loved by the Indians. Your governing planet is Venus. Your birth stones are the diamond and the opal. Your astral colors are a jet black, a brilliant crimson and a light blue. Your flower is the goldenrod.

FOR THOSE BORN UNDER THE CUSP

If you were born between Sept. 24 and 29, both inclusive, you are a "Cusper" and should read first the explanation at the top of this page. Varying in degree, as explained, the foregoing is to be modified as follows: You have a greater power of concentration and are inclined to be steadier. You have a stronger love for the good things of life but have your appetites under better control. As you are more tactful, you are less apt to offend strangers but more likely to hurt the feelings of your intimates.

COMPANIONSHIP, MARRIAGE, ETC.

A Libra person should choose as a close friend, intimate companion or as a mate in marriage, either a Saggitarius person (one born between Nov. 23 and Dec. 21) or one born under Aquarius (Jan. 21 to Feb. 19). Next best is one born under Aries (Mar. 21 to Apr. 20). It cannot be emphasized too strongly that the above, though a scientific indication of the best characteristics for you to seek, it does NOT mean that you cannot be happy with those born under other signs. It does mean that with the others, you should be more careful to make due allowances for the fact that your dispositions are not perfectly attuned, one to the other, and that a human give-and-take in the little things of life is of real importance. Do that and you pave the way toward genuine happiness. Selah!

ASTROLOGICAL READING FOR A SCORPIO PERSON, BORN BETWEEN OCT. 23 AND NOV. 22

SCORPIO is the middle sign of the Water Triplicity—the sign of the "Scorpion." It governs the groins, etc., of the Grand Man. One of the marked traits of Scorpio persons in the peculiar ability they have with their hands, combined with their frequent lack of appreciation of this gift. It is not unusual to hear a Scorpio person say to one having difficulty "Let me do that," and then disclaim any special skill or dexterity. It is unfortunately very easy for those born under this sign to blunt their naturally kindly and generous natures and develop cruel streaks to such an extent that others believe them to be naturally cruel. When this happens, the Scorpio person despises himself in secret for this trait. Therefore, as a reaction, the highest regard for the welfare of others is easily developed. It seems to depend almost entirely on how the Scorpio person gets started. An excellent illustration is found in two Scorpio natives, "Ben" Butler and Roosevelt. Butler was accused of great severity as a general in the Civil War, while Roosevelt, even more of a fighter, was kindly and considerate to the highest degree.

Another peculiar trait of Scorpio people is that they are almost never indifferent to water. The more rugged love the ocean and dream of ocean travel while the idea terrifies, though fascinates, the frail. There are but few Scorpio people who, when they have read something they particularly like, do not have a real longing to be numbered among the famous writers. Many Scorpio people are, as, for instance: Macauley, the great one of the greatest romanticists; Voltaire, the French genius, and the historian; Bryan, the poet; Ella Wheeler Wilcox; Robert Louis Stevenson, great Paderewski.

Scorpio people, as a rule, want results and want them quick. They are inclined to hurry too fast and not look the road over

carefully enough, but because they want results and are energetic, they usually get them. The governing planet of Scorpio natives is Mars. Birth stones: topaz, aquamarine. Astral colors: black, golden brown. Flower: carnation.

FOR THOSE BORN UNDER THE CUSP

If you were born between Oct. 24 and 29, both inclusive, you are a "Cusper" and should read the explanation at the top of this page. Varying in degree, as explained, the foregoing should be modified as follows: You have more of the "Don't care!" in you. You are more original. You are more inclined to go to extreme —both of them. Less inclined to scold and find fault. Much more cautious. More susceptible to flattery. More willing to take risks. An almost uncanny ability to get out of scrapes.

COMPANIONSHIP, MARRIAGE, ETC.

As a Scorpio person, you will do well to choose as a close friend, an intimate companion or as a partner in marriage, a Virgo person (one born between Aug. 24 and Sept. 23). You must not, with your disposition, expect real happiness without making a real effort to avoid misunderstandings and jealousies. You should also understand, please, that you can find more than your fair share of happiness with those born under other signs provided you are willing to forgive and ask forgiveness; make a real effort to allow for differences in temperament; make little concessions and sacrifices willingly; and not fail to put affection into words and actions. An invaluable hint to the husband or wife of a Scorpio person is not to become an old fogy and forget the "sweetheart" days. Selah!

ASTROLOGICAL READING FOR A SAGGITARIUS PERSON, BORN BETWEEN NOV. 22 AND DEC. 21

SAGGITARIUS, the sign of the "Archer," is the last sign of the Fiery Triplicity. It governs the thighs of the Grand Man. Saggitarians are such quick thinkers and get the answer to a question so easily that they are peculiarly liable to be misunderstood. This is because they see as others do not see and as a result are sometimes accused of bluffing even when they are sincere, and of guessing when they really do know. Without meaning to give offense, Saggitarians sometimes hurt their intimates by their unintentional bluntness just because they say what they think without stopping to figure out how it may sound to others with different view points. Whether it hurts or not, what you say has its effect on others and it is usually about what you want it to be in the long run.

A dominant characteristic of Saggitarians is a wholesome sense of humor and the ability to get what they really go after in all

seriousness. Some times they do not really GO, but if they do, they arrive. That, combined with a natural kindliness and interest in other people helps the Saggitarius native to make money, make friends, gain fame. Among those born under your sign who GOT what they went after, are: Andrew Carnegie, who dipped up money by the bucketfuls until he tired of it and then enjoyed himself giving it away. Mark Twain, who wanted to be a pilot on the Mississippi and was one, and then just for fun decided to be a humorist and became the greatest of them all; Joel Chandler Harris, whose "Uncle Remus" stories still make little children shivery with excitement. Milton, the poet, who wrote "Paradise Lost." Dean Swift, who wrote "Gulliver's Travels." Whittier, the Quaker poet; William Lloyd Garrison, who wrote to abolish slavery when to do so invited trouble. He got both the trouble and the freedom of the slaves.

Generosity, fairness, love of excitement and willingness to take a change are all qualities common to Saggitarians. Their governing planet is Jupiter; astral colors, gold, red, green; birth stones; carbuncle, diamond, turquoise; flower, the clover.

FOR THOSE BORN UNDER THE CUSP

If you were born between Nov. 23 and 28, both inclusive, you are a "Cusper" and should read first the explanation at the top of this page. Varying in degree, as explained, the foregoing is to be modified as follows: You have more energy and determination. (Carnegie was a "Cusper.") More strict as a "boss" or disciplinarian; more likely to be pessimistic; bolder; more fond of a kindly word of praise; more brilliant and less constant in your relations with others; more inclined to fret over trifles.

COMPANIONSHIP, MARRIAGE, ETC.

As you are of the Fiery Triplicity, its negative pole, you will do well to choose as a close friend, an intimate companion or in marriage, one of the following: an Aquarius person (one born between Jan. 21 and Feb. 19); another under your own sign; an Aries person (Mar. 21 to Apr. 20). You should bear carefully in mind that, though the birth date of the other party is important—and it IS important—you can readily find more than your fair share of happiness with those born under other signs, provided you make a sincere effort to do your share in avoiding causes for dissention and jealousy; that you meet the other at least half way in making things pleasant and without being too particular about not going even more than half way. Give and take and you both win. Selah!

PALMISTRY MADE EASY

GIVING THE FUNDAMENTAL PRINCIPLES OF THE LANGUAGE OF THE HAND

To Read the Palms

The student when reading the palms or hands should have both hands of the subject before him. The left hand reveals his character and disposition; the right hand shows his fate, vocation, talent, etc. The left hand is what he is; the right hand is what he makes himself. After making a short study you will be able to decide which hand to go by. That is to say, the lines on the left hand are strengthened by those on the right; if there are Fate, Heart and Marriage lines on the left hand and not in the right hand, the subject does not possess the strong qualities they denote.

The easiest and best way to read the hands is, first to note the Type of Hand, whether Square, Conic or other shape, tells what this type of hand denotes. Then go to the Thumbs and Fingers, thence to the Lines and Mounts, thus following out the arrangement of this book.

Palmistry Made Easy

CHAPTER 1.

There are seven different types of hands, as follows:

The Square or Energetic Hand.

The Spatulate or Inventive Hand.

The Conic or Artistic Hand.

The Philosophic or Nature Hand.

The Psychic or Pleasure-loving Hand.

The Mixed or the Unmastered Hand.

The Elementary or Brutal Hand; this type of hand I have omitted, as it is rarely found. This style of hand has a coarse and clumsy palm and fingers, with poor development, and denotes an animal and brutal nature such as a savage possesses.

There are seven mounts, four under the fingers, two under the thumb and one on the side of the Palm, as follows:

Under the first finger, Mt. Jupiter.

Under the second finger, Mt. Saturn.

Under the third finger, Mt. Sun.

Under the fourth or little finger, Mt. Mercury.

Under the thumb, Mt. Venus and Mt. Mars.

On the side of the Palm, Mt. Luna.

There are six main lines on the Hand, which are as follows:

The Life Line, which surrounds the Thumb.

The Head Line, which lies in the center of the Hand.

The Heart Line, which lies high up on the Palm.

The Fate Line, which commences at the wrist or above and runs up toward the fingers.

The Marriage Line, which lies on the outside of Palm.

The Vocation Line, which runs parallel with the Fate Line.

SQUARE HAND
CHAPTER II.

The Square Hand has a square palm, with either short or long fingers, the tips of the fingers square, the nails short and square, the skin usually firm and hard. This type of hand denotes a person full of energy of purpose, conforming to theory, methodical, and orderly, punctual and precise nature, a slave to habit, fond of home and domestic life, sincere and strong in friendship, upright and strong in principle. The one great fault of its owners is that they do not believe until they see for themselves.

Short fingers show a person apt to be narrow-minded and obstinate, yet one who will accumulate wealth after a hard struggle.

Fingers long and well developed show the person has exceptional ability, power and reason and, with well developed lines, one who is bound to attain success.

Spatulate fingers show a love for practical things, an originator, an inventor.

Conic fingers show an artistic and musical nature.

Psychic fingers denote one who lacks energy; he starts well and means well, but gives up too soon.

SPATULATE HAND
CHAPTER III.

The Spatulate Hand is wide at the wrist and narrow at the base, or broad at the base of the fingers and narrow at the wrist. A skin hard and firm shows a restless and excitable nature, yet one full of energy and one who will act promptly; quick in practical things.

Fingers long with developed joints show the person has inventive ability, possessing independence of action which makes him or her go far and deep into things. They have peculiarities of their own and are fond of mathematics and engineering.

THE CONIC HAND
CHAPTER IV.

The Conic Hand has small tapering fingers, the palm tapering to the base of the fingers, the skin soft and tender. This hand denotes a sensitive and impulsive nature, one who will interfere with other people's affairs and is fond of criticising, a lover of luxury and idolence. Such a person is influenced by others and surroundings, says what he or she thinks, is generous and sympathetic.

Such persons rise from the lowest state of despair to the highest state of rapture, they are kind-hearted and preach to others what they do not practice themselves.

When the fingers are long it shows a more artistic nature, and one who would make a good critic. The owner of such fingers seeks everything that is artistic and beautiful.

THE PHILOSOPHICAL HAND
CHAPTER V.

The Philosophical Hand has a long and narrow palm, with long, thin fingers, developed points and thin almond-shaped nails. The possessor of such a hand loves to study human nature, which influences his methods, meditates before acting, is quiet, sedate and very particular, haughty and egotistical, rarely forgets insult or injury; yet is very patient and has a fondness for everything artistic and beautiful.

Such characters like the mysterious. Money is not their ambition in life; what they seek is fame. They desire to be different from others in their pursuits and actions.

This character of a hand is generally found among clergymen and those of the religious order, as it reveals a nature that loves to study and better mankind.

THE PSYCHIC HAND
CHAPTER VI.

The Psychic Hand is the most beautiful type of all hands. It has a long and narrow palm with long delicate tapering fingers, the skin white and tender with almond-shaped nails. The possessors have a beautiful disposition, generally brought up under parential guidance, yet they are weak, have a calm disposition and frequently care little for the opposite sex. They lack courage and strength, cannot hold their own with people, are very emotional and are influenced by people and their appearances.

Men with such hands are fond of gambling and earthly pleasures, generally unsuccessful in business world. Many tramps and the falling aristocracy of human kind have this sort of hand.

MIXED HAND
CHAPTER VII.

The Mixed Hand has more of an oval-shaped palm, with mixed fingers, as the Conic, Spatulate and Square, etc., the skin rough and flexible. This character of hand denotes people who can do a little of everything, jacks of all trades and masters of none. They are very good talkers, as they can converse superficially on any subject; they take life in an easy way, rarely ever raising or lowering their position, are fond of travel and excitement, generally popular wherever they may be thrown. This hand is possessed by many actors.

THUMBS
CHAPTER VIII.

The Thumb is the most important feature of the hand and should be carefully studied and consulted before forming your opinion of a person's characteristics. It should be examined in connection with the other lines in the hand, as it strengthens or weakens many a good or bad factor shown elsewhere in the hand. The Thumb is made up in three parts; the first or nail phalange and second and third phalanges.

If the first phalange is longer than the second or third, it shows the subject possesses great will power and determination; if nearly twice the length of the second phalange, a stubborn disposition; and if the thumb is short, a very narrow mind with little intellect. If the second phalange is as long as the first, it shows the subject has logic and reason, and if longer than the first has not enough will to carry out plans, but depends entirely upon others.

When the third phalange is nearly as long as the second, it denotes a passionate nature and a person who is apt to give up to the sensual side of life, especially if Mt. Venus is well developed.

When the Thumb is long and firm, not easily bent back, it shows a cautious and reserved nature, which sticks to one thing and makes the best of everything; is very energetic and knows the value of money.

If supple and easily bent back, it shows an extravagant and unreserved disposition; the possessors can adapt themselves to anything or any circumstances.

When the thumb has a wrist-shaped appearance, it denotes refinement and tact. A clumsy and coarse appearance shows a coarse and vulgar nature.

THE FINGERS
CHAPTER IX.

When the subject has smooth joints with tapering fingers, it shows a very sensitive nature and yet one which is generally indifferent to others.

Developed joints denote people of common sense and methodical in their work, fond of analyzing and going deep into things, observant and thoughtful.

Long fingers denote love of detail; thick fingers, cruelty and selfishness; firm and stiff fingers, a cowardly nature; crooked fingers, a deceitful and unprincipled nature.

When the first finger is longer than the third, it shows one who desires to rule and domineer over others; when nearly as long as the second fingers, the same quality, but a person who will be ashamed of his poor relations and associates if he raises to a prominent position.

When the third finger is longer than the first, it shows a person who is fond of gambling and speculation, and when it is as long or nearly as long as the second finger a morbid nature and one who takes life as a lottery.

When the fourth or little finger is long, reaching above the first phalange of the third finger, it shows one who can converse with ease; and when reaching far above this phalange line, indicates great power of expression.

When the first phalange is longer than the second or third phalange on the finger, the person is untruthful and misrepresents at times.

When this finger is short it shows the possessors cannot express themselves with ease, and when poorly developed, that what they say is not worth listening to.

THE MOUNTS
CHAPTER X.

A Mount is a raised part or pad on the palm of the hand, there being seven important ones, four under fingers, two under thumbs and one on the side of the palm.

Under the first finger is Mt. Jupiter which, if well developed and placed, shows ambition, self-respect, a love of display and a very vain person.

A Star found on this mount shows great success will be attained; a Cross on the mount a happy marriage.

Under the second finger is Mt. Saturn; well developed it shows one who is prudent and fond of solitude, with a fondness for agriculture and its pursuits. If the mount is badly placed, it signifies one who is always finding fault with others and everything.

When a Star is found on this mount it means success in science. A Cross on it means a leaning toward science and a superstitious nature.

Under the third finger is Mt. Sun. If well developed it shows people who are fond of art and music; if badly placed, a tendency to over-estimate their ability.

A Star on the mount means success and prominence through art; a Cross on it, lack of display and loss of self interest.

Under the fourth or little finger is Mt. Mercury. If well developed the subject has a keen sense of business and a fondness for speculating. If the subject has a long little finger and a good clear head line, he has an aptitude for law and its vocation; with spatulate fingers a fondness for chemistry. If the mount lies toward the third finger the individual is fond of wit, excitement and travel. If the mount leans toward the side of the palm it shows a deceitful and unprincipled nature.

A Star on this mount means success through speculations; a Cross on the mount, an unsettled disposition in business affairs.

On the side of the palm is Mt. Luna. If well developed, a gentle and imaginative nature is indicated.

Under the thumb is Mt. Venus. If well developed, shows an affectionate disposition, and over-developed, a very passionate one.

Above the Mount of Venus, Mt. Mars, when developed, denotes a brave and courageous person.

In judging the developments of the mounts, a well-developed mount is one that is higher than the others. When they are all the same development it means that the subject possesses a small amount of each of these characteristics.

THE LINE OF LIFE
CHAPTER XI.

If the Line of Life is long and clearly cut without breaks, it denotes a strong healthy person; if it sweeps far into the palm of the hand and terminates at the wrist, a long and healthful life. When the line is not clear the individual is weak and unhealthy, and when broken fortells illness. A decided break in the same place in both hands generally means death.

When the line commences at the base of Mt. Jupiter it shows ambition from early life; if without break and clear, good health in youth.

When it commences at Head Line, the head governs the life. When the line is a little distance from the Head Line, independence in thought and ideas is shown; when far distant, a foolhardy and simple person.

When the line sends an offshoot to Mount Luna the subject will die away from his birthplace. An offshoot to Mt. Jupiter predicts a rise in social affairs; to Mt. Saturn a gain in wealth through inheritance; to Mt. Sun ambition gratified by traveling; to Mt. Mercury success in business; and these good fortunes being attained by the individual's own energy and perseverance.

All small lines cutting the life line mean interference of others with their plans at the time they appear.

THE LINE OF HEAD
CHAPTER XII.

The Line of Head commences at three different points, from the bottom of Mt. Jupiter at the Life Line; at Mt. Mars under Jupiter.

The Line of Head offers to the mental condition and temperament of the subject. Commencing at Mt. Jupiter and separate from Life Line, it denotes a self-reliant, yet hasty person, in reasoning and deciding; when the space is very wide, a foolhardy individual.

When the line rises from the Life Line, it shows a cautious and careful disposition, tidy in appearance and full of energy.

When it commences at the Mount of Mars, it denotes a fretful and worrying disposition, a nervous and sensitive temperament.

When the line is straight and running clear across the hand, the person is very bright and intellectual; what he or she says is practical; when it ends in a fork, the subject has literary talent; the longer the fork the greater the talent. If the line has a gradual slope, the owner has a great deal of imagination, and is generally an incessant talker.

When the line runs parallel with the Life Line, it shows idealism with little ambition for honor or glory, and fondness for bohemianism.

All lines rising from the Head Line show that the subject by his own ability will accomplish or pursue the ambitions denoted by the mounts to which they rise, as follows:

To Mt. Jupiter, fame and honor.

To Mt. Saturn, science.

To Mt. Sun, art or music.

To Mt. Mercury, the business world.

THE LINE OF HEART
CHAPTER XIII.

When the Line of Heart commences at the top of Mt. Jupiter, it shows sincere and reliable affections, generally persons whose aims are high and noble.

When the line starts between the first and second fingers, they are jealous, carry their affections to extremes and are apt to be fickle.

The line rising from Mt. Saturn shows a selfish disposition and one inclined to be cold to others.

All small lines cutting the heart line mean flirtation; break on the line, disappointments in love at the time they may appear.

The line broken under Mt. Jupiter shows disappointment in business caused by the affections; under Mt. Saturn, accident caused by the affections; under Mt. Sun, pride and conceit caused by the affections; under Mt. Mercury, quarrels with the opposite sex (wife or husband), in many cases divorce.

When the line runs clear across the hand and sends a branch to Mt. Jupiter, it means a happy and tranquil nature.

When there are no small lines cutting or dropping from the Heart Line, the owner cares little for the opposite sex.

When the line is now down on the palm of the hand and lying near the Line of Head, the heart controls the head.

When the Heart, Head and Life lines all join, it shows people who stop at nothing until they gain their end. Many prisoners have their characteristic in their hands.

No line of Heart in Hand shows little affection.

The Line of Fate
CHAPTER XIV.

The Line of Fate relates to our worldly affairs, fate, fortune, prosperity and failures in life.

When the line rises from the bottom of Mt. Luna the subject has been spoiled by parents, and when the line runs up to the fingers of Mt. Saturn, the subject will have good and great luck in everything undertaken.

When the line rises up from the wrist and runs clear up to base of finger toward Mt. Jupiter, great success will be accomplished by the individual unaided; and if it runs into the line of Heart, wealth gained through marriage.

When a line runs up from Mt. Luna and cuts through Fate Line, others have interfered with opportunities.

When the Fate Line is stopped by the line of Heart, the individual has cut himself off from better opportunities through his affections.

When the line is stopped or broken by the Line of Head, the subject has made a great blunder through stupidity, and has neglected an opportunity of gratifying his ambition. However, if the Fate Line is stopped by these lines (Head and Heart Lines) and then continues on again it means that he has injured his fortune for the time being.

When the line sends an offshoot to any of the Mounts, such as to Mt. Mercury, the subject will become famous in the talent denoted by the rest of the hand. An offshoot to Mt. Saturn spells success in science, to Mt. Sun, in art, to Mt. Mercury, in business.

If the line commences in the middle of Life Line, opportunities will come later in life for the individual.

If it commences at Heart Line, an inheritance through marriage.

The Line of Marriage
CHAPTER XV.

The Line of Marriage lies on the sides of the hand between the Heart Line and the line that surrounds the little finger.

Closer to the Heart Line it means an early marriage; farther away, a marriage later in life. When the Line is perfectly bare, the subject is not likely to marry, and if the line has small lines cutting through it and also forking, it is a sure sign of marriage. These small cutting lines are the number of children the couple will have.

A wealthy marriage is shown by a line rising up from Fate Line.

When the line runs far into the palm of the hand and sends an off-shoot to Mt. Sun, the subject will marry one of prominence and of an artistic nature.

When the line is short and ends in a fork, the lower branch longer than the upper one, an unhappy marriage is shown, and

when the line drops so far as to cut the Line of Heart, divorce.

When a line rises up from Mt. Luna, the person will marry one of a humbler position.

All small lines that are lying between the Heart Line and the line of the little finger mean flirtations at the time they appear.

The Line of Marriage should be clearly cut on both the right and left hand, and the right hand should be used in deciding all these facts.

THE LINE OF VOCATION
CHAPTER XVI.

The Line of Vocation runs parallel with the Fate Line and denotes the subject will be successful according to what mounts it sweeps to. To Mt. Mercury, prosperity in business; to Mt. Saturn, success in agriculture; to Mt. Sun fame in art, painting and music.

When the line commences nearly as low as the Fate Line, the subject has inherited money early in life.

When the line commences in center of palm the person will make money through speculation.

Many hands do not possess this line, and in such cases the qualities this line denotes are determined by the mounts and other lines in the hand.

THE SQUARES
CHAPTER XVII.

A square is made up of four lines that form a square, and whatever found indicates preservations at the time it appears. If on the Life Line the subject was protected from illness or accident, provided the Life Line is broken in the Square.

A Square on the Head Line means preservation from mishaps or diseases of the head.

A Square on the Heart Line means oncoming trouble in love and affections.

A Square on the Fate Line, salvation from ruin or failure in money matters.

A Square on Mt. Jupiter, avoidance of social scandal.

A Square on Mt. Saturn, escape from sudden death.

A Square on Mt. Sun, release from travel.

A Square on Mt. Mercury, escape from disgrace in business.

THE CROSSES
CHAPTER XVIII.

A Cross when found on Mt. Jupiter, means a happy marriage.

A Cross on Mt. Saturn means the one who enters your life will be of a scientific nature.

A Cross on Mt. Sun, means a great deal of traveling.

A Cross on Mt. Mercury, means dishonesty in business.

A Cross on Mt. Venus, a disposition changed through marriage.

There are so many small lines on the hands which look like crosses that it is very hard to determine whether they are or not. Generally only the vivid crossing of two lines is to be considered.

MISCELLANEOUS

There are a few other outline markings on the hand, which are explained by other authorities on the subject of Palmistry; such as Grills, Islands, Sports, Triangles, Circles and so forth. They are hard to locate except by the use of a magnifying glass, which makes a confusing task for the student, and they are of minor value. I have therefore omitted these from this work, as the idea is to present the subject in the simplest and easiest way.

SUPERSTITIONS

Superstitions of the Various Countries

Italy

The "evil eye" signifies that the possessor has the power by a glance of his eye of inflicting death and that, sooner or later, the evil eye works misfortune for the possessor himself.

Japan

The turtle is an omen of good luck in Japan.

France

The apaches of Paris are extraordinarily superstitious. One of their pet beliefs is that to touch a hunchback's deformity will assuredly bring them luck; and there is one gang of apaches which carried the severed head of a rat. The loss of this gruesome relic caused great consternation.

India

The thugs and tramps of the Far East have queer rites, one being to pour goat's milk on the ground to propitiate the god Devi. The Indian also considers it unlucky to sneeze during the commission of a crime.

England

English criminals will often give up a burglary if the house is next or opposite a church—although to break into a shop or house near a police station is considered a lucky enterprise. One crook even lived near a police station while the country scoured for him.

Western Europe

In France and some parts of Spain and Portugal, there exists a tradition known as "the ghost of leap year." Believers in this say that a marvelous monster annually appears to disarrange human affairs for the remainder of the year.

Curious Superstitions

When Napoleon was conducting his campaign in Italy, a mirror in his headquarters fell to the floor and was broken into fragments. For centuries the story has persisted that to break a mirror means that one's best friend will die.

To stumble and fall is supposed to bring ill fortune.

When a ship is launched a bottle of champagne is broken across its bow—a survival of one of the most ancient customs in history.

The tradition that when a person's ears burn some one is talking about him can be traced back as far as the days of Pliny, who makes mention of that popular belief.

A person sneezes and there is almost always some one present to utter a quick "God bless you!" Here is a superstition that has

a basis in disaster, for in the year 750 an epidemic of fatal sneezing seized the Old World.

There is a superstition that Friday is an unlucky day, and that 13 is an unlucky number.

If one drops a knife or fork, it is a sign that guests are coming.

Picking up a pin is a sign of good luck; the horseshoe is also a good luck sign.

To open an umbrella indoors is unlucky.

If your ears burn, it is a sign you are being talked about.

Lucky colors, lucky numbers, lucky stones, all have their defenders. Certain jewels are supposed to govern certain months and bring good fortune to their wearers.

SNEEZING AND ITS LUCK

Sneeze on Monday, sneeze for danger; Sneeze on Tuesday, kiss a stranger; Sneeze on Wednesday, sneeze for a letter; Sneeze on Thursday, something better; Sneeze on Friday, sneeze for sorrow; Sneeze on Saturday, your sweetheart tomorrow. Sneeze on Sunday, your safety seek, the devil will have you all of the week.

HOW MANY TIMES DID YOU SNEEZE?

One is a wish, two for a kiss, three is a disappointment, four is a letter, five something better, six is a journey you'll go.

STAGE SUPERSTITIONS

Whistling in the dressing room is a sign of bad luck. This is one of the most widespread superstitions among stage folk. An unfailing forerunner of grief, and has resulted in every manifestation of misfortune from closing the show to relaxed vocal chords. It has caused train wrecks, divorce, and other troubles for the whistlers.

Actors also cherish an assortment of signs peculiar to their profession. Here are some of them:

When a cat, any color, strays on the stage during a performance, it is a sign of bad luck.

If a black cat walks clear across the stage, from one side to the other, it is an augury that promises success, long life, and much renown for the play and all connected with it.

Dogs are always bad luck.

Dogs howling outside a theater during the course of a performance are believed to presage the closing of the show.

The last line of a play is never spoken until the first public performance, lest catastrophe swoop down upon the production.

A smooth-running dress rehearsal is universally considered a harbinger of evil for the production.

Actors generally think it lucky to leave some garment, some part of their costumes or jewelry unworn at the dress rehearsal. This leaves them with something new and unrehearsed to give the audience.

NUMBER VIBRATIONS

Key to Vibrations of Numbers

Vibrations of numbers are important. They teach that life is controlled in some way by the influence of numbers that make up your name and date of birth. This comes down to us from the ancients.

It is assumed that every letter of the alphabet has a number. Each number has a special meaning. And to analyze your name you must first reduce the name to numbers, according to the table which follows. Then add the numbers of all the vowels. This shows what your inner characteristics are. Now add all the numbers of all the consonants. This suggests the outside influences attracted to you for success or failure. The sum of vowels and consonants together points to the real, full meaning of your life.

Thus if the total of your vowels is 69, this is treated as two numbers—6 and 9. These two numbers are added, 6 plus 9 equals 15. As this is still two figures, it is added again—1 plus 5 equals 6, which, you see, is the number to be considered.

Here is a list of the letters of the alphabet together with the numbers and meanings for which the letters stand:

A, J and S are ruled by 1—courageous, self-reliant, strong and independent.

B, K and T are ruled by 2—quiet, gentle, social, reasonable.

C, L and U are ruled by 3—animated, able, courageous, well-meaning.

D, M and V are ruled by 4—negative, depressed, monotonous, hard-working.

E, N and W are ruled by 5—uneasy, restless, vigorous, interested.

F, O and X are ruld by 6—commanding, upright, vigorous, honorable.

G, P and Y are ruled by 7—visionary, easily depressed, artistic.

H, Q and Z are ruled by 8—strong, resolute, up-going, successful.

I and R are ruled by 9—soft-voiced, artistic, impressionable, lovable.

There are exceptions to all rules. In this case numbers 11 and 22 are exceptions. They are not reduced to single figures but allowed to stand when they occur in a name, as they are related to positive brilliancy. Twenty-two is a vibration of occult possibilities. Eleven is a number that dominates nearly everything.

THIS STUDY MEANS MUCH TO MANY PERSONS

Many believe that vibrations of numbers show that the world is really "built" on the power of numbers. The teachings of Pythagorus point to that deduction. His wonderful spiritual unfoldment taught him the harmony of all things. He perceived the harmony and also the inharmony that exist in sound, color, taste and feeling, and in sight. All inharmonies in the sense of vibration, result badly in our worldly affairs.

Numbers as a science, set forth a key to many happenings in our lives that are peculiar, to say the least.

VIBRATIONS OF "FIRST" NAMES

The study of the vibration of "first" names is fascinating. Some names agree, others clash very disagreeably. To prove this, take the figures one to nine and divide them into three groups, as follows:

First group, 1 5 7; Second group, 2 4 8; Third group, 3 6 9.

Each name has its own number. Here's an illustration: Four young men are in love with the one girl. The girl's name, we shall say, is LORA, and the young men are called John, James, William and Edward. Now, these names are read in this way:

The names Lora and both James and John are in opposite groups, making for disharmony and a clashing of temperaments. The names Lora, William and Edward are in the same group, making them all have many tastes in common, yet William, with his number seven, in the same group, stands no chance with Edward, who is not only in the same group but vibrates to the same number "one," making for understanding and appreciation, two great factors in love.

EXAMPLE OF HOW TO FIND YOUR NAME NUMBER

It is best to write the alphabet out in full, as follows:

1	2	3	4	5	6	7	8	9	1	2	3	4	
A	B	C	D	E	F	G	H	I	J	K	L	M	
5	6	7	8	9	1	2	3	4	5	6	7	8	9
N	O	P	Q	R	S	T	U	V	W	X	Y	Z	

Now take the name "Lora"—3691 and add the figures together.

L O R A

3 6 9 1 added=19—1 plus 9=10—drop the cipher and you have 1.

J O H N

1 6 8 5 added=20—drop the cipher and you have 2.

W I L L I A M

5 9 3 3 91 4 added=34—3 plus 4 and you have 7.

J A M E S

1 1 4 5 1 added=12—1 plus 2 and you have 3.

E D W A R D

5 4 5 1 9 4 added=28—2 plus 8=10—drop the cipher and you have 1.

Now, according to this scheme of numbers and the vibrations of names, if Lora marries John they will quarrel continually, and if she marries James they will have many ups and downs. But if she marries William, she will be contented and fairly happy. However, if she marries Edward she will be ideally happy. It will be a real love match that will last all their lives. They belong to one another.

SIGNS AND WARNINGS

If a number of birds circle over your head, it is a sign that good fortune is about to befall you or your family.

If on going out of your house on the first of May you see a pigeon, and can catch it by the feet and toss it over your left shoulder you will be lucky the rest of the year.

The persistent and mournful howling of a dog at night fortells trouble in the family of the animal's owner.

The crowing of a rooster during a rainstorm means that a long period of dry weather will soon be here.

A singing in the left ear is a sign that someone is asking for you.

A similar sensation in the right ear means that you are in the thoughts of very dear friends.

If a maid sees a stalk of the teaplant floating on the surface of her tea she should stir the tea for three minutes, then hold the spoon up in the middle of the cup. If the stalk comes close to the spoon, it is a sign that she will soon be asked to marry.

It is unlucky to see the new moon for the first time through glass. To see the new moon reflected in a mirror is considered unfavorable.

Two friends standing side by side and looking at their reflections in a mirror will shortly have business trouble.

It is unlucky for a girl to read the marriage service through on the eve of her wedding day.

The person who wears green clothes will be called upon to go into toilsome occupation.

Never put your shoes on a table. The action is very unrefined and bad for one's success.

If on first leaving your house in the morning you turn back after you have crossed the threshold, you must do so three times, or you will be unlucky for the remainder of the day.

If a strange white cat comes into your house you may expect unwelcome visitors. A black cat brings good luck, and should be allowed to stay, especially if there are children.

An itching on the sole of the right foot is a sure sign that you will undertake an enterprise, and will have cause to be happy for it.

An itching on the sole of the left foot also foretells complications in your plans, but in this case you will find that you will push on to the end.

Good fortune awaits the person who has an itching of the crown of the head. He will hear of an affair that will be profitable.

An itching at the back of the neck gives forewarning that you or someone you know will shortly meet with a failure.

When the lips itch be sure that someone is crying about you. You will hear of this soon.

If the left eyebrow itches it is a sign that you will see something that will bother you. If the irritation goes to another spot, the trouble will be followed by a nice letter.

An itching of the right eyebrow foretells a meeting. And you will have a letter from a dear friend which you have not seen for some time.

An itching of the nose is a sign that there will soon be a change in your affairs, affecting your relationship to a person dear to you.

When the right shoulder itches it suggests that a gift of jewelry or money will shortly be received by you.

An itching of the left shoulder foretells that you will soon have a heavy burden of sorrow to bear.

An itching of the shins warns that you will shortly travel to a distant town, where you will contract a painful, obstinate illness.

An itching of the ankle joints is a sign to a single person that he is about to receive a gift of money. To a married person it signifies that his domestic life will be blessed with happiness.

An itching of the spine is a sign that you will shortly be called upon to listen to slander concerning a great friend.

If your right elbow joint itches you may expect to hear some news that will give you cause to ponder.

When the palm of your left hand itches you will soon be called upon to go somewhere on account of one you love.

An itching on the palm of your right hand is a sign that you will receive some news from a distant country.

An itching on the right knee predicts a change that may make or mar you.

When the left knee itches you may expect to hear news that will cause much talk.

A maid who stumbles while going upstairs may expect to be married. The higher up the stairs the stumble occurs the sooner will her lover appear.

Should a bride's carriage pass a funeral procession while conveying her to the church, she will have to make new plans soon.

To meet a funeral when returning from the church is a sign of bad luck to bride or groom.

For the sun to emerge from a cloud and shine upon the altar during a marriage ceremony is a sure sign that the marriage means joy and wealth throughout the lives of the couple.

The day of the week on which you were born should always be lucky for most undertakings. Fridays and Wednesdays are the best days for women to begin a new work. Sundays and Mondays for men.

Some speak of "Fickle Fortune." Some talk much of "Fate." But those who study their own interest best, study themselves first, last and all the time. Know yourself.

Are You Physically Fit to Marry?

"The answer to this question will assume supreme importance at some time in your life. There may be periods when the replies thereto will torture your soul almost beyond endurance. For there comes a time in the life of every man when he wants to marry, that is, provided he is a real, well-sexed man. And when that time comes, when the right girl has been found, if a man feels that he is defective, or that there is some taint within his organism that will mar the sanctity of the marital tie, then indeed does he face difficulties that assume tragic importance.

"In determining whether or not one is fit to marry, the first query will of course be concerned with one's physical condition. Are you a healthy, well-developed man? Are there any serious vital defects? Even after these questions have ben favorably answered, there still are others. Is it possible that there is any venereal infection lingering within your organism? If you have been tainted with any venereal disease, at least be absolutely sure that all traces of the complaint have disappeared, by means of blood tests.

"If you are weak sexually, then the problem before you pertains to the development of the vigor and vitality which will overcome a condition of this sort. It is true that in some cases, one is advised to marry, with a view of remedying the weaknesses of this sort.

"In many instances the remedy is worse than the disease. This is especially true which the ordinary excesses associated with marriage are permitted and practiced. If marital relationship were assumed with a woman thoroughly informed as to the conditions, then possibly a man's sexual strength might increase as a result of marriage. This would be practically impossible, however, if the woman should happen to be of a passionate sort. Were she entirely normal or but little influenced by sexual conditions, a man might, in some instances, safely hope for a gradual improvement, although there is considerable risk in contracting marriage under such conditions.

"The sex instinct begins to assert itself at an early age. In many individuals it becomes noticeable far earlier than it should, because of the prudery that is found almost everywhere. The curiosity aroused in childish minds by the strong, virile man must, therefore, realize the necessity for marriage. He must marry somebody, and should carefully choose his mate early in life. Early marriage is advantageous largely because it saves a man from all the diseases and excesses associated with prostitution, as well as from other evils.

" 'To the pure in heart, all things are pure.' But to the prude the most sacred facts of life are vulgar and impure. Prudery is simply the expression of an unclean state of mind suppressed artifically and in its very nature depends upon pruriency and a perverted mental attitude toward the most holy of all functions. The more conspicuous the pose of prudery, as a rule, the greater is the impurity of mind thereby indicated.

"It is absolutely necessary to live a clean life and a normal life in order to maintain the health of the sexual glands and the superb mental and physical powers that go with them. This is more important in youth than at any other period, though the rules applies throughout one's entire adult life. One cannot violate the laws of life in this respect and escape the punishment. It is necessary to reach maturity with these powers unimpaired, and thereafter to continue to avoid abuses in order to attain and retain the mental alertness and energy, the courage, and self-confidence, the ambition, and also the physical stamina that characterizes true manhood."

THE GREAT MORAL QUESTION

The present standard of morality in marriage is the growth of ages; in fact, few people think that there is any moral question involved with reference to the sex relation between husband and wife, but that, a marriage ceremony having been performed, they are entitled to enjoy the gratification of their desire to the fullest extent. No logical reason exists for this view and none can be given.

Do you see that disrupted home, where love and peace reigned before and hell is reigning now? Do you see that business man who is steadily and unexplainably losing his grip on the details of his affairs, is losing his appetite and his sleep and will soon have to be sent to a sanitarium for "repairs?" How often we see a refined woman who has every material comfort imaginable and is nevertheless wasting away, becoming pale, irritable, melancholic, and will soon be—if nothing is done to help her—a confirmed hyprochondriac? And do you see that wan looking bookkeeper who, formerly an expert, is now unable to keep a position for any length of time, because he is mixing his figures so? Do you see that bright young boy who is losing both brightness and flesh to such an extent that the parents are afraid he is running into consumption? And how about that sweet young girl who was obliged to give up college for reasons that nobody could explain? And those hundreds of divorced couples? All this unspeakable misery and suffering due to disorders of the sexual system! And the pity of it is, that all of it, or the greater part of it, could have been avoided if not for two things—if the patients had not been afraid, ashamed to ask for advice, and if the physicians were not so densely ignorant of the subject of sexual disorders.

THE PSYCHOLOGY OF SEX

"The more deeply I delve into the study of sexual psychology, the more patients I see, the more marital misery I am called upon to alleviate, the more conjugal entanglements I am asked to disentangle, the more convinced I become of the tremendous importance of the sexual instinct in every sphere of life, the more imbued I become with the idea of the necessity of studying this problem thoroughly from every point of view.

"I have no hesitation in stating that at least half of the world's misery is in some way, directly or indirectly, connected with the sexual sphere. The people themselves may not be aware of it, but if they studied the matter deeply, they would find that the underlying trouble is of a sexual nature.

"And matters will not improve until we are permitted to discuss the entire domain of human sexuality freely, openly, without beating about the bush, and without the spectre of a censorship before our eyes.

"The time is sure to come when you will be delivered from the slavery of your passions. But it does not help any at present to wait for this heroic age of the future—we should do our part to hasten the coming. Join today the future generation of honorable men. Try to preserve your strength and manly vigor, instead of wasting it. Your reward will be joy and you will be able to labor, to reap the rich fruits of a prosperous career," so says a noted authority on venereal diseases.

CHILDREN

Every boy and girl should have such a thorough knowledge of the Mystery of Sex, and what sex-relations mean, as to realize that a mis-step or indiscretion at this period of youth may cost them, that which is more precious than life in years to come.

It is during this impressionable period that parents should exercise the utmost precaution and watchfulness, for at this time youth has an almost uncontrollable desire to know the forbidden.

It is of vital importance that the writer call parents' attention to the ignorance of children as one of the factors in the corruption that darkens the world, but truth is truth and facts are facts, although there are stubborn things to deal with in many of the problems of life.

Fathers and mothers should talk freely on this subject with their sons and daughters, so that their little ones may have a complete understanding of these vital facts, and thereby avoid the attendant dangers, which invariably result from sex-ignorance. Untaught children find out for themselves, many of the secrets of life, and begin to put them in practice, having no understanding of the vast injury done their bodies, or the great wrong for which they are responsible as the years pass away.

Boys and girls play innocently together, unconscious of the dominating force that is slumbering within. As puberty approaches, the boy assumes a more masterful attitude, his voice becomes heavier and gradually assumes a lower tone, his desire becomes stronger, his actions more gallant and his thoughts more sensual than formerly. The girl becomes more timid and shy than she has hitherto been; her form rapidly develops into womanly outlines. The changes in both sexes are not only physical, but mental and the girl or boy is truly on the threshold of real life, with all its passions, desires, hopes, loves and ambitions. Hereafter, their paths diverge, a natural barrier rises between them, and each nature gradually assumes the characteristics peculiar to its sex.

The child at this time is controlled almost entirely by impulse, not having learned self-control in any degree. How important therefore, it is, that his environments should be uplifting and that his habits should be carefully directed away from the sensual vices and the influences of evil companions that constantly beset him. Too often schoolmates are the only instructors which many children have, their parents leaving this important duty unperformed and allowing their minds to become inculated with evil teachings before implanting the good, thus shirking the most important responsibility of parentage. The physical disturbances at this time are so closely allied to the mental, and exert such a profound influence upon the brain, that insanity is not an infrequent outcome of indiscretions at this time.

While the natural tendencies toward sexual excitement are great during this period, it must not be overlooked that it may in so small measure be due to some local irritant, such as a too tight or too loose foreskin or an adherent clitoris. There are various other causes that might contribute toward this condition, such as hemmorrhoids, worms in the rectum, etc. The circumcision of boys will often effect a cure in these cases, and a careful examination should be made in all cases so as to remove the cause if it is a mechanical one; likewise to break up the adhesions of the clitoris will often afford the greatest relief to girls. It is, therefore, of the utmost importance that the child be given a thorough education in self-control and instructed in regard to the irreparable dangers arising from a violation of the important laws of Nature.

The great evil of self-abuse, which is practiced alone in secret, is put to shame by the intimacy of boys and girls, who in nooks and corners are doing all possible to carry into their lives the privileges of the married, and boasting of their proficiency, until whole schools, towns, and communities are corrupted with a plague. Yea, it is a deeper and blacker plague than any disease, as its roots are deeper, piercing the soul; its bands are stronger, reaching beyond the help of man; its stench and miasma are more offensive, as they reach an offended God, and bear before them

the sighs, tears, and heartaches of the weak. Loving parents dream on about the "innocent days of childhood," until they are rudely awakened by the moral destruction of their loved ones.

But we hear the plaintive cry on every side, from parents, friends, teachers, and preachers, "What can we do?" You can throw false modesty aside and give the instructions needed for their defense. Let them know the influence and effect each wrong act, and the shame, censure, and punishment thereof. Let there be no compromise therewith in the hearts and minds of those having the care of children. Shall we permit them to throw themselves in ignorance over so great a precipice and we fold our hands in indifference, or in our greater wisdom and strength say, "We can do nothing," but mourn and weep over the sad situation while the sorrowing parents let them pass on in ignorance. Deeper and deeper must become this lothesome pollutions of the land, unless parents arise to their responsibilities as parents and bring up their children in the way that they should go, by requiring obedience from the earliest years of life until they leave the parental home to battle with life as men and women. How sad it is to know that in the years to come we parents have hastened our children toward evil by our silence regarding it!

Dr. Marden in "Crime of Silence," says:

"I have often heard mothers say that they did not want their daughters to know that any such thing as immorality existed, that they wanted to bring them up pure and innocent. It is true there is something indescribably beautiful in the innocence, the sprightliness, the ingeniousness, the playful spontaneity of perfectly pure, untainted girlhood. But, my good mother friend, have you ever thought that while you are trying to shield your daughter from knowledge of herself and the evil of the world, she may be getting information from the most vicious sources, distorted, exaggerated pictures that may lead to her ruin? Isn't it better that this knowledge, which she must sooner or later have, should come from you, who can give her the truth, rather than from illegitimate sources which garble and distort facts in a way that will inflame and debauch her imagination? Why not tell her the plain scientific truth about herself and about her future, what part she is to play in the perpetuation of the race? It is not scientific facts which demoralize the mind; it is distorted, obscene suggestions that arouse curiosity and inflame passions. The facts will not hurt your daughter, but will protect her against a thousand evils."

Mrs. Ella Flagg Young, late superintendent of the public schools of Chicago, says that their experiment in sex-instruction in the schools of Chicago has increased the girls' sense of their own dignity and the marvelous meaning of their nature. The knowledge they are acquiring in taking the place of the silly ignorance, which so long has been regarded as innocence, and the girls hold their

heads higher and seem to think more of themselves. They have greater respect for their own bodies.

While imparting sex-instruction to your children, parents should keep in mind the object of enlarging the child's horizon, uplifting their ideas of nature, law, and religion, and at the same time instill into their young minds, the wonder, the miracle, the sacredness, and the marvelous works of the Creator, especially of the powers within themselves.

As the young boy or girl matures under the proper environment the attributes of the higher self become manifest and the pure young life is lifted to higher planes of thought and action. The training of youths should be gradual, so that they can thoroughly understand the wonderful changes as they come, and that he or she may develop into the real man or woman fully prepared to share in the work of creation.

Twinkle, twinkle, little star, how I've wondered what you are,
So I solved the plan to know, for Phenomena told me so.
Each living soul like stars above, all have their work to do—
In knowing all about their plan will help life's journey too.

—CLARENCE HERBERT SMITH,
8501 Brookline Ave.,
Cleveland, Ohio

FORTUNE TELLING BY CARDS

Take from the pack the four Aces, Kings, Queens, Knaves, Tens, Nines, Eights, Sevens.

Shuffle the cards well and then cut into three packs; take up the first pack and turn up the cards in threes. When the three cards are all of the same suit, lay them out in a row on table; when of three different suits, put them aside; if there are two of one suit and one of another, take the highest of the two and lay it alongside those already out. When the first pack is used deal with the second and then the third in the same manner. When you have come to the end of the three packs, gather the cards that have been discarded, shuffle them and cut the pack into three, and turn up by threes again in same manner as before. This must be done three times. The third and last time the person shuffling the cards must take out and add to the "fortune" row a card which is supposed to represent the person whose fortune is being told. If it be a dark lady or gentleman whose fortune is being told, use the Queen or King respectively of Spades or Clubs, and if required to represent a fair lady or gentleman the Queen or King of Hearts or Diamonds respectively; also set aside the Ace of Hearts, which represents the house, and the Nine of Hearts, which is the Wish card, unless these cards already appear in the "fortune" row. The cards that have now come out are placed aside the fortune of the shuffler of the cards is told in the following manner: Count from the card representing the person whose fortune is to be told and read every seventh card backward and forward, then count from the "house" (Ace of Hearts) in the same way, then from the "Wish" (Nine of Hearts).

After counting, take the first and last cards away from those laid out and read. Suppose the first is the Ace of Clubs, and the last the Ten of Clubs, that would read "a letter with unexpected news." Now take the first and last card again, say Nine of Diamonds and Ten of Hearts, that would read "money from a big house" or "a present." Keep taking up first and last cards until all are gathered up, now shuffle and cut as before and deal them out one at a time in four lots—the first "what you do expect," the second for the house, the third for yourself, and the fourth true fortune. This last must only contain two cards, i.e., the first and last dealt.

NAMES OF CARDS

Ace of Hearts	The House
King of Hearts	Fair Gentleman
Queen of Hearts	Fair Lady
Knave of Hearts	Fair Young Gentleman
Ten of Hearts	A Big House
Nine of Hearts	The Wish
Eight of Hearts	A Good Heart
Seven of Hearts	A Faint Heart
Ace of Diamonds	Ring or Present
King of Diamonds	Fair Gentleman
Queen of Diamonds	Fair Young Lady
Knave of Diamonds	Fair Young Gentleman
Ten of Diamonds	Business
If Ace and Ten come together	Marriage
Nine of Diamonds	Money
Eight of Diamonds	Rise in Life
Seven of Diamonds	Mischief
Ace of Clubs	A Letter
King of Clubs	Dark Gentleman
Queen of Clubs	Dark Young Lady
Knave of Clubs	Dark Young Gentleman
Ten of Clubs	Unexpected News
Nine of Clubs	A Journey
Eight of Clubs	An Annoyance
Seven of Clubs	Tears
Ace of Spades	Sickness
If this comes with Ten of Spades	Death
King of Spades	Very Dark Gentleman
Queen of Spades	Very Dark Lady
Knave of Spades	A Young Man not to be trusted
Ten of Spades	Unpleasant News
Nine of Spades	Disappointment
Eight of Spades	Slight Illness
Seven of Spades	Vexing and Confusion

If the following appear in the fortune line they fortell:

Three Sevens	A Removal
Three Tens	A Great Surprise
Three Jacks	Some Knavery or Michief Making
Three Queens	A Quarrel
Three Kings	A Lawsuit
Three Aces	A Surprise

(Pleasant, unless the Ace of Spades is one of the three)

If the card representing the person whose fortune is being told comes among several picture cards, it means that he or she is going into company, unless the three Kings—a lawsuit—are amongst them.

PERPETUAL CALENDAR FOR ASCERTAINING THE DAY OF THE WEEK FOR ANY YEAR BETWEEN 1700 AND 2499.

TABLE OF DOMINICAL LETTERS

Year of the Century

N. B.—A star on the left denotes leap year.

Year of the Century				Centuries 1700-2100	1800-2200	1900-2300	2000-2400
0	28	*56	*84	C	E	G	A
1	29	57	85	B	D	F	G
2	30	58	86	A	C	E	F
3	31	59	87	G	B	D	E
*4	*32	*60	*88	E	G	B	C
5	33	61	89	D	F	A	B
6	34	62	90	C	E	G	A
7	35	63	91	B	D	F	G
*8	*36	*64	*92	G	B	D	E
9	37	65	93	F	A	C	D
10	38	66	94	E	G	B	C
11	39	67	95	D	F	A	B
*12	*40	*68	*96	B	D	F	G
13	41	69	97	A	C	E	F
14	42	70	98	G	B	D	E
15	43	71	99	F	A	C	D
*16	*44	*72		D	F	A	B
17	45	73		C	E	G	A
18	46	74		B	D	F	G
19	47	75		A	C	E	F
*20	*48	*76		F	A	C	D
21	49	77		E	G	B	C
22	50	78		D	F	A	B
23	51	79		C	E	G	A
*24	*52	*80		A	C	E	F
25	53	81		G	B	D	E
26	54	82		F	A	C	D
27	55	83		E	G	B	C

MONTH	DOMINICAL LETTERS						
January, October,	A	B	C	D	E	F	G
February, March, November,	D	E	F	G	A	B	C
January, April, July	G	A	B	C	D	E	F
May,	B	C	D	E	F	G	A
June,	E	F	G	A	B	C	D
February, August,	C	D	E	F	G	A	B
September, December	F	G	A	B	C	D	E

1	8	15	22	29	S	S	F	Th	W	Tu	M
2	9	16	23	30	M	S	S	F	Th	W	Tu
3	10	17	24	31	Tu	M	S	S	F	Th	W
4	11	18	25		W	Tu	M	S	S	F	Th
5	12	19	26		Th	W	Tu	M	S	S	F
6	13	20	27		F	Th	W	Tu	M	S	S
7	14	21	28		S	F	Tu	W	Tu	M	S

EXPLANATION

Under the *Century*, and in the line with the *Year of the Century*, is the Dominical Letter of the Year.. Then in the line with the month find the column containing this letter; in this column, and in line with the day of the Month, is the day of the Week. In Leap Years, the letters for January and February are in the line where these months are printed in *Italics*.

EXAMPLES

For December 31st, 1875; for 1875, the letter is C; under C, in a line with 31, is Friday; and for *January* 1st, 1876, the letter is A; under A, and in a line with 1, is Saturday.

TEA CUP READING

IN THE use of Tea Leaves as the means of divination. The clearer the sight the more interesting and accurate will be the interpretation.

Practice is most necessary, especially for those who have less natural clairvoyance than others.

As in other forms of divination, so with the reading of the Tea Cup, a great deal depends upon the Seer.

Those who are naturally clairvoyant will read many events and scenes in the cup which would be passed over by others not so gifted.

Even without this clear sight, however, the Tea Leaves may be read by anyone who has learned the principles and symbolic meanings given in this book.

With a certain amount of Intuition and Imagination, the Tea Cups may be most successfully used to reveal the future.

Practice and Method

A wide, shallow cup is the best kind to use for tea-leaf divination —white if possible. A narrow cup adds to the seer's difficulties, as the tea-leaves cannot be plainly seen. Small cups, too, are objectionable for the same reason, and a fluted cup is even worse. A plain, even surface is required, with no pattern of any kind, as this has a tendency to confuse the symbols. Indian tea and the cheaper mixtures, which contain so much dust and twigs are of no use for reading a fortune, as they cannot form into pictures and symbols that can easily be distinguished.

Those who desire to have their tea-leaves interpreted should leave about a teaspoonful of tea at the bottom of the cup. It should then be taken in the left hand, and turned three times from left with a quick swing. Then very gently, slowly, and with care, turn it upside down over the saucer, leaving it there for a minute, so that all the moisture may drain away.

The cup to be read is held by the seer and turned about as necessary, so that the symbols may be read without disturbing them. This is important, but no disturbance will take place if the moisture has been properly drained away. The handle of the cup represents the consultant, also the home, or, if the consultant be away from home the present abode.

It is necessary to have a starting point in the cup for the purpose of indicating events approaching near to, or far distant from, the person consulting. The leaves near the rim denote such things as may be expected to occur quickly; those directly beneath the handle indicate present and immediate happenings; those on the sides of the cup suggest more distant events; whilst those at the bottom deal wih the far disant fuure.

This method of fixing the time, coupled with intuition, renders it possible to give a consultant some idea as to when an event may be expected; but if there be no intuitive sense of time, it will be found wiser not to be too positive.

The turning of the cup and the draining of the moisture having been carried out as directed, the tea-leaves will be found distributed at the sides and bottom of the cup.

For those who wish to use the saucer as a further means of divination, the following suggestions will be useful.

First of all, then, to determine the position of the consultant. Take the centre of the saucer for this purpose. The circle round it represents the home, or if the consultant is away from home, the present abode, and also events near at hand. The more distant circle indicates those things which are not to be expected for some time. The outer circle and rim suggest events as yet in the misty future.

The moisture and leaves drained from the cup, having remained in the saucer, should be turned by the consultant three times with the same swirling motion as for the cup, and the moisture carefully poured away. The saucer should be held inverted for a few seconds, otherwise when it is placed upright, the remaining moisture will disturb the tea-leaves. The symbols are read in exactly the same way as in the cup, the only difference being the positions representing the consultant, the home, and the indications of time. These have already been explained.

It is an excellent plan to make a rough copy of the leaves as they present themselves to you in each cup, making notes of the various meanings.

The seer has to find in the forms of the tea-leaves a resemblance, sometimes it may be but a faint one, to natural objects, *e.g.*, trees, houses, flowers, bridges, and so forth. Figures of human beings and animals will frequently be seen, as will squares, triangles, circles, and also the line of fate.

It will constantly be found that the stems, isolated leaves, or small groups of leaves, form a letter of the alphabet, sometimes a number. These letters and numbers have meanings which must be looked for in connection with other noticeable signs. If an initial "M" appears, and near to it a small square or oblong leaf, both being near the rim of the cup, it would indicate a letter coming speedily from someone whose name begins with an "M."

A single bird flying always indicates speedy news.

In a cup with various ominous signs, such as a serpent, an owl, or many crosses, the news coming is not likely to be pleasant. In a cup without bad signs, it can safely be said that the news is good.

As a general rule large letters indicate places, whilst smaller ones give the names of persons. Thus a large letter "E" would stand for Edinburgh and a smaller "E" for Edwards, for instance.

Sometimes numbers mean the date for an event to be expected, a "5" for instance, very near the brim of the cup, or the handle (the consultant), means in five days; or five weeks if it comes on the side, possibly as far off as five months, if the figure be at the bottom of the cup.

As dots around a symbol always indicates money in some form or another, according to the character of the symbol.

Clusters of shapeless leaves represent clouds marring the effect of an otherwise fortunate cup.

Journeys are shown by lines or dots formed by the dust and smaller leaves of the tea. The length and direction of the journey may be known by the extent of the line and, roughly speaking, the point of the compass to which it leads, the handle in this case representing south. If the line of dots ascends sharply to the brim of the cup, a journey to a hilly country will be taken.

Large flat leaves some distance apart along the line stand for important stations to be passed through.

It will be seen, on referring to the Dictionary, that an Eagle and a Vulture signifies a death of a Monarch.

Among those which threaten misfortune, or sorrow, are the following: Crosses, snakes, spades, pistols, guns, toads and cats.

Joy and success are indicated by such Symbols as a Crescent Moon, Clover Leaves, Flowers, Trees, Anchors, Fruits, Circles and Stars.

The most practiced Clairvoyant may occasionally make mistakes in the reading of the symbols, but no genuine seer should ever deliberately give a wrong interpretation of them to please the consultant.

The business of the Divineris is to give what she believes to be a correct and unprejudiced translation of the symbols before her.

It is important that those who are learning the art of divination by Tea Leaves should realize the necessity for consistently attributing the same meanings to the symbols.

Do not be tempted to change their interpretation for what may seem a more probable, or pleasant prediction for the client. It is a final mistake.

To those of an inquiring or doubting turn of mind, there may arise a very natural question as to why one shaped Tea Leaf should mean "a hat" and another "a table."

It is useless to point out that these objects are perfectly represented by the leaves.

That is of no practical satisfaction. The simple fact that each language has its alphabet, its spelling, and its words, which must be learned before there can be any reasonable understanding of it, seems the best and the obvious reply.

THE "NELROS" CUP
TWO EXAMPLE READINGS OF ITS SIGNS

"If thou wouldst learn thy future with thy tea,
This magic cup will show it thee."

SOME readers may find an additional interest in divination by tea-leaves, if they use a cup marked with the planetary symbols, patented as the "Nelros Cup of Fortune." A short explanation of the symbols, and the method of using this cup, will be helpful for those who are not familiar with its signs. I am not suggesting the use of the "Nelros" saucer, for the reason that its signs are somewhat obscure, and students who have no experience in the science of astrology would find it confusing, if used in addition to the cup, in which all needful signs are illustrated.

As in the case of the ordinary tea-cup, the handle remains as the representative of the consultant. The turning of it and draining of the moisture should be carried out in the usual way.

Immediately under the handle, and above the space given to the Sun, are seen a Diamond and a Horseshoe. Next on the left are a Snake twisted round a stick, and a Spade, these being placed over the space given to Saturn.

Following them are a Bell and a Club, seen over the sign of Venus. Next, an Eye and Envelope, above the space given to Jupiter.

Then comes a Cross, with the sign of Pisces, the Fishes, these being over the sign of Mercury.

Next are a Winecup and a Spider above the space of Mars.

Followed by a Cat's Head and a Heart, above the Moon.

Each one of these signs round the brim has a symbolic meaning, though their meaning must also be judged by the position they occupy in the cup.

Now, taking the signs round the brim of the cup, and connecting them with the planetary symbols beneath.

Beginning at the handle is a Diamond, this being a token of wealth, which, with the sign of the Sun below, indicates much prosperity, favours, and general well-being, the Horseshoe over the Sun also betokening good luck and successful projects.

In the next space, reading to the left, is the Snake twisted round a stick, over the sign of Saturn. This is emblematical of a risk or poverty coming through deceit, and with a Spade over Saturn, whose characteristic is privation, there is a further indication of toil, loss, undoing.

The next sign is a happier one; the Bell over the sign of Venus, with the Club beyond, indicates joyful news, events meaning much happiness, love and peace, the characteristic of Venus being peace or placidity.

Next is the sign of Jupiter, whose characteristic is expansion; above it are placed an Eye and an Envelope, the Eye showing the power of penetration, seeing things in a right perspective, and light thrown on difficult questions, the letter showing that news from all parts of the world is made possible by its expansion.

Next come the Latin Cross and the watery sign Pisces, the Fishes. These being in connection with Mercury, whose characteristic is activity, show much alertness and desire for knowledge; the Cross meaning obstacles and hindrances in the chosen path, whilst the sign of Pisces denotes interesting news from distant lands, with much desire for travel and exploration.

In the next space the Winecup and Spider, in connection with the sign of Mars, the characteristic of Mars being energy, show the strength, courage, and perseverance needed to carry out a successful career; the Spider being a symbol of concenration, patience, and achievement, whilst the Winecup tells of joy and realised ambition.

Following these signs are the Cat's Head and the Heart, with the Crescent Moon below. The characteristic of the Moon is change, mobility; it is also a symbol of good fortune in the tea-leaves. In combination with the Heart it indicates a romantic love affair. The Cat's Head shows interference by those who are mean and spiteful.

Having learned from this brief explanation the symbols of the "Nelros Cup," the reading of the tea-leaves in relation to those symbols will be easy. For instance, suppose the wife of a sailor to be the consultant. Her husband is on his ship in the North Sea, and she is eagerly awaiting news of him. In the cup she has "turned," the symbol of a letter comes in the watery sign)-(with a largy ivy leaf beneath it. Further patience will be necessary, the ivy leaf tells us, as the wished-for letter is still far away. The distance from the handle (the consultant) shows this, also the letter symbol being in the watery sign indicates the fact that it will come from across the sea. The waiting for the news causes a feeling of disappointment and sadness; these will vanish later on, and the waiting be compensated by the happy news that will come in the longed-for letter. This is seen by the tea-leaves which appear on other symbols of the cup.

The form of a man is seen between the signs of the Bell and Club; near this form is the letter "A," the first letter of the consultant's name. Round this initial letter is a well-formed circle; a trident lies at a little distance from it.

Here is evidence of the joyful news coming from her husband, the tea-leaves in the spaces of the Bell and Club making a prediction of the satisfactory news a safe one. The circle round the letter "A" and the symbol of the trident near, enable the seer to prophesy a good promotion, much success and happiness.

This example reading of the "Nelros" cup is a fortunate one.

We will now consider one of a less satisfactory character.

The consultant is a widow; opposite the handle of the cup she has "turned" is the Envelope over Jupiter, upon the Envelope tea-leaves forming an Owl are seen, beneath is a small arrow pointing towards the handle. These signs foretell bad news probably coming from a far country; the sign of Jupiter and the distance from the handle (the consultant) would show this. The symbol of the Owl indicates the anxiety caused by the arrival of the letter and its news. The arrow pointing towards the handle would show that the matter is personal, and will much affect the consultant.

Upon the sign of Saturn, with an arm stretched towards the Spade above it, is the figure of a man. The characteristic of Saturn being privation, and the Spade being a symbol of toil, it is evident that the figure of the man represents someone related to the consultant for whom the present prospects are very bad. It may well be this man from whom is coming the news in the letter which will cause her so much anxiety.

Fortunately, on the Anchor at the bottom of the cup is a well-formed key. Being in this position, it shows that someone at a distance, having the welfare of the consultant much in their mind, will be the means in the future of helping her out of the difficulties. The Key being on the Anchor indicates the security she may feel in the friends, who will be instrumental in giving her happiness and peace of mind.

These two example divinations will illustrate the manner in which the tea-leaves are read in relation to the signs upon the cup. To some it may appear an easier means than that of the ordinary tea-cup.

In any case it is very useful to have an alternative method of foretelling the future. Variety is always acceptable, and for this reason I recommend the "Nelros Cup of Fortune" to my readers.

MIRACLE DIETING SYSTEM

The following is a correct Diet for 18 consecutive days.

SPECIAL NOTICE: Breakfast every day must consist of only of grapefruit, tea or coffee without sugar.

ADDITIONAL NOTE: A hot Epsom Salt Bath one night a week before retiring is absolutely essential if you wish to obtain the desired results.

DIRECTIONS FOR BATH: Have the water as warm as you can possibly stand it, dissolve FIVE POUNDS of Epsom Salts in the water which should fill the tub so that you can cover the entire body when you get in tub.

SPECIAL NOTE: Remain in the bath for TWENTY MINUTES, dry quickly and go to bed, keep well covered until the natural body temperature is restored.

If desired two baths a week may be taken, no more.

Diet

1st day. For LUNCH. One boiled egg, six slices of cucumbers, one thin slice whole wheat bread toasted, half grapefruit and tea.

DINNER. Two eggs, or two broiled lamb chops, one tomato, one half head lettuce, half grapefruit, tea or coffee, no sugar.

2nd Day. For LUNCH. One orange, one egg, slice toast, half head lettuce, tea or coffee, no sugar.

DINNER. Broiled steak, half head lettuce, one tomato, half grapefruit, tea.

3rd Day. LUNCH. One egg, six slices cucumbers, half grapefruit, tea or coffee.

DINNER. One lamb chop broiled, one egg, three radishes, two olives, half head lettuce, grapefruit, tea or coffee.

4th Day. LUNCH. Cottage cheese, one tomato, slice whole wheat toast, half of grapefruit, tea.

DINNER. Broiled steak, water cress, half grapefruit and coffee.

5th Day. LUNCH. One orange, one lamb chop broiled, two eggs, one tomato, half head lettuce and tea.

DINNER. Two boiled eggs, one tomato, half head lettuce, half grapefruit and tea.

6th Day. LUNCH. One orange and a cup of tea. Nothing else.

DINNER. One poached egg, one whole orange and coffee.

7th Day. LUNCH. Two eggs, half head lettuce, one tomato, two olives, tea or coffee.

DINNER. Two lamb chops broiled, six slices cucumbers, two olives, one tomato, half head lettuce, half grapefruit.

8th Day. LUNCH. One lamb chop broiled, half head lettuce, one half grapefruit and tea.

DINNER. Two boiled eggs, asparagus tips, spinach, slice whole wheat toast and half grapefruit.

9th Day. LUNCH. One egg cooked any style, one tomato, half grapefruit.

DINNER. Any kind of meat, and a salad.

10th Day. LUNCH. Two lamb chops broiled, half head lettuce, half grapefruit.

DINNER. Any kind of meat and salad.

11th Day. LUNCH. Two pieces of cinnamon toast, tea or coffee.

DINNER. Broiled steak, celery, three olives, one tomato, coffee.

12th Day. LUNCH. Half broiled lobster or broiled whitefish, six radishes, half grapefruit and tea.

NO DINNER THIS DAY.

13th Day. NO LUNCH THIS DAY.

DINNER. Two lamb chops broiled, cold slaw, one tomato, three olives and tea.

14th Day. LUNCH. One egg any style, one slice toast, half grapefruit, and tea.

DINNER. Broiled steak, one tomato, half grapefruit, tea.

15th Day. LUNCH. One egg, slice of toast, one tomato, half grapefruit, tea.

DINNER: Two lamb chops broiled, one tomato, slice of toast and tea.

16th Day. LUNCH. One egg, one tomato, half grapefruit and tea.

DINNER. Broiled steak, spinach, orange and tea.

17th Day. LUNCH. One lamb chop, half head of lettuce, half grapefruit and tea.

DINNER. Broiled steak, celery, three olives and tea.

18th Day. LUNCH. One egg any style, slice of toast, half grapefruit, tea.

DINNER. Broiled fish, spinach, half grapefruit and tea.

NOTE: To obtain satisfactory results you must follow the directions as set down above absolutely, use no sugar in tea or coffee and positively no sweet dessert of any kind. No bread must be eaten except whole wheat in toasted form. If you become hungry between meals you may eat an orange or half of a grapefruit.

This system in 18 days will rid the digestive tract and stomach of poisons and ulcerations; will tone the blood and above all remove excess fat.

In many cases this system has eliminated as much as twenty pounds of overweight in 18 days.

If used for weight reduction, after the 18th day you may return to the first day's diet and start over again, but in so doing you can if tired of toast, eat plain whole wheat bread with very little butter, and substitute other vegetables where cooked in water only, use no milk at any time either in cooking or as a drink.

In frying eggs where prescribed, use a very little butter.

If impossible to broil steak where prescribed, fry in dry iron skillet, use no butter or lard and fry well done.

BEAUTY SECRETS

Preface

IF I were asked to prepare a list of the factors that make a woman beautiful I would put correct weight at the top. A woman whose weight is right for her age and height is usually healthy and well-proportioned. It is the overweights and underweights whose figures fall short of the ideal and whose complexions are sallow or blemished.

Next on my list of beauty points I would place correct posture. Hollow backs, round shoulders, turtle necks, flat chests and prominent abdomens are incompatible with health and beauty. It is impossible to look *chic* unless one has learned the secret of poise and the correct carriage of the body. Besides being ungraceful, a poor posture has a bad effect on the functioning of the internal organs and the nervous system.

The habitual expression of the face, especially of the eyes and mouth, is a third beauty factor. Plain, even ugly features may be illuminated by a kind, interested look. Eyes that are sparkling with health and animation are naturally greater beauty assets than dull, strained, stupid eyes.

The condition of milady's complexion is an important element in her beauty. If she has good health, if she eats wisely and exercises regularly, she will not have any serious skin blemishes. A dull, sallow skin usually indicates a sluggish circulation, lack of fresh air and irregular elimination of waste products from the body. The rightful facial cleansing methods for each individual are of course essential also. Almost all of milady's beauty problems hark back to her general state of health. This is as true of her hair as of her complexion. Glossy, abundant hair of a pretty shade grows from healthy scalps.

The wrinkles that run from the wings of the nose to the corners of the mouth are sometimes very stubborn to remove if of long standing. Almost every face, either full or thin, has a tendency to form these lines, but when the cheeks, throat and neck are kept elastic, supple and flexible, these wrinkles do not become fixed. It is when the skin and the underlying tissues are flabby or shrunken through lack of exercise and massage that expression lines etch their paths deeply into any part of the face.

Parenthesis wrinkles should be massaged regularly with an upward rotary movement, using the first two fingers. The choice of the lubricating medium depends on the type of skin. For a skin that is not excessively dry use plain cold cream. Dry, scaly skin requires an oil specially prepared for the purpose.

Night is the best time to give the treatment. On retiring cleanse the face and neck with cleansing cream. Wipe off the cream with a soft cloth. Apply the tissue cream, oil, or massage cream, and massage lightly with an upward rotary motion. Pat the cream in well, leave on the face while you take the facial and neck exercises that I will give later. Remove excess cream.

MORNING

On awakening in the morning, throw off the bedclothes and take five or six deep, slow breaths as you lie there. Fill the lower lungs first, then the middle part and lastly the chest. Breathe fully and rhythmically. Stretch your limbs well.

Next jump out of bed and take brisk exercises for five or ten minutes, using modern calisthenics.

After these brief exercise periods take a cold or tepid sponge or shower. If you do not get a good warm reaction, however, you may substitute a brisk rub-down with a coarse, dry towel to stimulate your skin.

EVENING

At bedtime repeat your morning exercises. Take a warm bath followed by a tepid rinse. Cleanse your face and neck with cold cream and wipe off the grime. If your skin is oily, wash with pure soap and water after the creaming. Rinse and apply an astringent. Treat any complexion blemishes you may have such as blackheads, pimples, enlarged pores, or wrinkles.

Massage your scalp well for several minutes. Brush your eyebrows and lashes with white vaseline if they need strengthening or darkening. Use a small eyebrow brush for the purpose and follow the natural arch of your brows from nose to temples. If your eyes are weak, bathe them in boric-acid solution.

Massage your hands with a good food cream if they need softening or filling out. After the tissue food has been applied thickly, wear old, loose gloves overnight to keep the cream on.

After getting into bed take a few deep, slow breaths. Relax mentally and physically, dismiss firmly any unhappy or troubled thoughts and fall into a restful slumber. Sleep with windows open and a good circulation of fresh air through the room.

Besides the daily beauty program I have just outlined, your beauty needs to be fostered by special weekly or semi-weekly treatments. A thorough facial massage, a manicure and special care of the feet should be included. Twice a month a shampoo is usually required.

All the external treatments in the world will not undo the ill effects of unhygienic living. Choose a wise diet, eat temperately, drink plenty of water between meals, exercise daily out-of-doors, sleep enough, but not too much and keep a tranquil mind, if you wish to gain or keep good health and good looks.

Tightening Sagging Skins

When the subcutaneous fat on the face or neck wastes away the skin is left in flabby folds. The cause of the wasting may be rapid loss of weight due to illness or the too enthusiastic following of a reducing program. Middle age also brings a natural diminution in the amount of fatty padding that once produced the round contours of youth.

In the case of underweights the simplest way to tighten the skin is to build up the tissues beneath. Flabby skins, however, are often on faces of women who do not need to gain weight. Their problem is to smooth out the skin with astringents and tone up the facial muscles so that they will have greater elasticity.

A simple facial pack or compress that will be found refreshing and beneficial to such types of skin is composed of a mask of clean absorbent cotton, saturated with a mild astringent lotion and laid over the face. Before applying the pack, however, the skin should be cleansed with cold cream. Wipe off the cream. Plain witch-hazel may be used, but here is a good recipe that may suit some skins better: Five grains powdered tragacanth, six minims tincture benzoin, six minims alcohol, two drams glycerin, six ounces of rose water. Have the ingredients well blended and squeeze out the cotton paid in the resulting liquid. Lie down with eyes closed and cover your face with the wet cotton, leaving only lips and nostrils exposed. Relax all over for ten or fifteen minutes and then remove cotton. This treatment may be taken twice a week or whenever you wish to freshen and smooth out your skin after an especially busy or tiring day.

The same astringent lotion may be used after the nightly cleansing of the face at bedtime and then it should be patted on gently and allowed to dry.

There is no use under the sun in wasting time on purely local treatments unless they are supplemented by a bright mental attitude that keeps the mouth from drooping, and by good general health, insured by a periodic physical examination by a physician. After these two requirements are met then is the time for creams, astringents and correct massage.

Astringents

It is common knowledge that heat expands and cold contracts. Steaming or washing one's face in hot water causes the pores to open to give up their oily secretions mixed with grime. Contractions of the tiny openings in the skin may be brought about by the application of cold water, and by use of astringents, such as witch-hazel, benzoin, toilet waters, skin lotions, peroxide, lemon juice and commercially advertised astringents.

A mild astringent lotion may be made as follows: Four ounces of rose water, one dram boric acid, one dram tincture of benzoin, two ounces witch-hazel. Add the benzoin drop by drop to the

rose water, dissolve the boric acid in witch-hazel, add the two solutions together. Shake before using. Apply with absorbent cotton.

A pimply skin may be massaged with a balsam cream or other suitable lotion three or more times a week. Here is a good massage lotion to use: One and one-half ounces of glycerin, eight ounces of elder-flower water, one teaspoonful borax. Apply with a piece of clean absorbent cotton and allow it to dry on the skin. Another fine lotion for a pimply skin may be made of one-half pint rose water and thirty grains sulphate of zinc.

An astringent lotion may be used after the cleansing treatment and also before the face powder is applied in the morning. Here is a simple recipe: Two ounces elder-flower water, two ounces rose water, one dram glycerin, one dram spirits of camphor, one dram precipitated sulphur.

Often a touch of iodine or mercuro-chrome will dry up a new pimple and thus save further trouble. Exposure to the sun for 10 or 15 minutes to produce a mild case of sunburn is also helpful for skins inclined to break out with pimples. After this treatment apply the following lotion: Two drams sulphate zinc, one and one-half ounces rose water, one-half dram sublimated sulphur. Shake the mixture well before using and allow it to dry on the skin.

A stronger lotion that has proved very successful as a remedy for pimples and blackheads may be made as follows: Mix four ounces of rose water with one-half ounce sulphate of zinc and mix six ounces of rose water with one-half ounce sulphuretted potash. Blend the two mixtures thoroughly and shake before using.

A weekly facial pack of boric acid and cold cream is often helpful to complexions marred by pimples. To make the pack, mix two tablespoonfuls boric acid with enough boiling water to make a thin paste. Now blend in about one tablespoonful of cold cream. Steam the face lightly with hot towels and then spred the pack on evenly. Leave it on for an hour or more.

When pimples are chronic the advice of a physician or a skin specialist should be sought. Needless to say, pimples should never be scratched open with the finger nails as this invites infection.

BLACKHEADS IN SENSITIVE SKINS

When blackheads appear in coarse, oily skins a steaming process is usually recommended, but if they are found in tender, sensitive skins that are not excessively rich in natural oil, a milder treatment is quite as effective and not so irritating to the complexion. Dry or blotchy skins that flush easily should also have the gentler treatment for loosening the blackheads.

The close of the day is usually the best time for taking treatments of this kind. First cleanse the skin with cold cream and wipe off the grime with a pad of soft absorbent cotton. Press out

the larger blackheads that will come out easily. Dash some cold water on your face, dry thoroughly and apply the following salve to the affected areas: One dram ichthyol ointment, one-half dram zinc oxide, one dram starch, one and one-half drams petrolatum. Leave this on overnight.

Next morning wipe off the salve with a clean absorbent cotton pad; then wash your face with warm water and pure Castile soap. Rinse in cold water and dry well. Squeeze out a fresh cotton pad in cold water. Put a little cold cream on it, then sprinkle with a few drops of astringent lotion. Wipe your face with this pad before applying your face powder. Give this whole treatment three times a week.

On the alternate days the face may receive the usual nightly cleansing. Some women prefer cold cream alone for this purpose. When the soap-and-water cleansing is used for tender skins, the water should be softened with oatmeal and only the purest and mildest soap should be used. The handiest way to use oatmeal is to tie a tablespoonful of it in a small cotton bag and let it soak in one's wash basin. Whatever cleansing method is used it should be followed by a rinse in cold water or the application of an astringent lotion to refine the skin.

BLEACHING A NATURALLY DARK SKIN

A beauty problem that is troubling some of my readers of both sexes is a dark complexion. A clear olive skin with a warm glow beneath it is attractive, but a dark, muddy one is not.

Of course, it is impossible for a dark-skinned brunette to change into a fair-complexioned type, and even if it were, the color of eyes, hair, and lips would have to be changed also to harmonize with the new skin tints. The quantity of pigment in the skin is what determines its natural hue, but there are also various avoidable causes that make the skin darker than it should be.

Exposure to sun and wind is the commonest cause of darkening. Some degree of tanning can scarcely be avoided in sunny, hot weather, but the effects may be mitigated by appropriate precautions before and after going out of doors. Although bleaching treatments cannot lighten one's natural color they can keep the skin from becoming any darker. A weekly bleaching pack of cornmeal and buttermilk is very helpful for any type of dark or medium skin.

There are internal conditions that cause the gradual darkening of the skin or the appearance of brown spots or patches especially upon forehead and cheeks. In such cases a physician is one's best beauty specialist.

Usually persons with naturally dark complexions become darker as they pass into middle life. The change may be attributed to a variety of causes, chiefly to neglect of regular bleaching treat-

ments. Here an ounce of prevention is worth a pound of tardy cure.

There is still another thing that makes a dark skin darker to all intents and purposes. This is the effect of our environment, especially the color of our clothes. Just as it is possible to make oneself look stouter or slimmer by a thoughtful selection of clothes, so it is quite practicable to make one's complexion look a shade or two lighter or darker by wearing certain colors. It is well worth while to study the subject. In general, all dark dresses should be relieved at the neck and cuffs with some becoming light color, like deep cream, sand, apricot or dull pink. Burgundy, dark blue, dark green, soft dark green, red, purple, mahogany, may be worn with a light bertha or yoke that will keep a dark color away from the face. Small touches of bright red are permissible on a dress a shade darker than the skin. Clothes that are lighter than the skin will of course make the complexion seem darker by contrast, but a little light tone is needed to reflect on the face.

HOW TO CARE FOR A DRY COMPLEXION

Skins of this type should be cleansed sparingly, if at all, with soap, as most soaps tend to make the skin dryer. Pure Castile or olive-oil soaps are best. Highly scented, cheap soaps should be avoided. Medicated soaps are good in some cases.

For a dry, sensitive skin, I would suggest washing with soap only in the evening. Never go outdoors right after washing the face if you skin is sensitive to the cold. Protect it with cold cream and powder before going out.

After washing and drying the face, a skin food should be applied.

An excellent lotion for the purpose may be made of the oils of olives and sweet almonds. To six tablespoonfuls of olive oil add one tablespoonful of the almond oil and one teaspoonful of tincture of benzoin. Mix well. The last named ingredient is put in to counteract the tendency of the olive oil to darken the skin. Apply the lotion to face and neck before retiring for the night and next morning wash off what remains with warm water. Here is another good lotion for the same purpose: Mix one-half cup of pure almond meal with one cup of milk. Let it stand a few minutes then strain through clean cheesecloth. Add one tablespoon of glycerin and three drops of tincture of benzoin. Apply to the face after washing, let the lotion dry, then wash off with clear water.

MOLES, WARTS AND BIRTHMARKS

There is no necessity for resigning oneself to disfigurement by moles, warts or birthmarks in this scientific age. Such blemishes can be removed without leaving a scar in most cases if the work is done skilfully. These treatments, however, should not be in-

trusted to inexperienced hands. They are outside the field of the average beauty expert and should be undertaken only by a skin specialist or physician.

TATTOO MARKS

Quite often the individual desires the marks removed, but this is a difficult matter. In extensive cases an operation is necessary. This consists of the removal of the superficial layers of the skin, followed by skin grafting. Another method employed for the removal of these disfiguring tattoo marks is freezing with carbon-dioxide snow which results in the destruction of the tissues affected and the formation of scar tissue. On small pigmented areas the galvantic needle is sometimes used and found successful.

FRECKLE BLEACHES

Skins that freckle easily are usually found upon pure blondes and Titian blondes. When this type of skin is properly taken care of it is capable of becoming very beautiful on account of its natural delicacy. The dark pigment in the brunette's complexion protects it somewhat from the effects of the sun's heat. A good lotion for clearing the skin of freckles may be made as follows: Sulphocarbolate of zinc, one-half dram; glycerin, one and one-half ounces; rose water, four ounces; Cologne water, three drams. Shake well together, moisten a small piece of clean linen, or absorbent cotton, and apply several times a day.

Here are two mild bleaches for freckles: (1) One ounce glycerin, two ounces rose water, one-half dram powdered sal ammoniac, one-half ounce lemon juice, one-half pint distilled water or rose water; or (2) one ounce glycerin, one ounce rose water, two drops tincture of benzoin.

Some may need a more drastic remedy like the following: Four ounces lactic acid, two ounces elder-flower water, three ounces glycerin, a tiny pinch of borax. This may be diluted with more elder-flower water or rose water if it proves too strong.

The following cucumber lotion is good for bleaching tan and freckles: Peel and cut three large cucumbers. Stew them with a little water. Strain the juice and add to it three tablespoonfuls of toilet alcohol. Let the mixture stand for four of five hours, or overnight. Add ten drops tincture of benzoin, one tablespoonful each of olive oil, milk of almonds, and rose water.

STUBBORN FRECKLES

Freckles are a cutaneous affection, appearing on the face, arms, and hands in the hot period of summer and give a stained appearance to the countenance. Some persons have freckles the whole year around. These are usually stubborn and never quite disappear, but they may be made lighter by applying a weekly bleaching pack and a mild lotion two or three times a day during hot weather.

The preparation for the bleaching pack is like that of any facial massage. First apply cold cream to the face with a firm but gentle upward stroke. Leave it on a few moments before wiping it off with a soft cloth. Wring out a Turkish towel in hot water and hold it against the skin. If the arms are being treated, wrap them in the hot towel from shoulders to fingers. Have another towel to apply before the first one cools. Steam the skin in this way four or six times. Next spread on the pack. Various bleaching packs may be used. Here is one with a cornmeal base that is easy to make. The ingredients are: One tablespoonful of the meal, two tablespoonfuls stearate of zinc, one tablespoonful lemon juice, one-half teaspoonful borax and enough buttermilk to make a smooth paste.

Leave the pack on for an hour, keeping it moist with buttermilk. Wash it all off carefully with tepid water, blot the skin dry, then rub in a little soothing lotion or cucumber cream. If it is not bedtime finish the treatment by dusting some pure talcum powder over the skin.

A quick, harmless bleach for the skin is as follows: Three tablespoonfuls peroxide, two tablespoonfuls of lemon juice, six drops of benzoin, three tablespoonfuls of almond meal or fine oatmeal. Cover the meal with witch-hazel.

Let the meal stand for a few minutes, covered with the witch-hazel, then strain and add the other liquids. To give this treatment, prepare as for other facial massage, cover the hair with a towel, place your bleach handy, massage with cream first, remove, apply hot towels, massage with your skin-food cream and wipe it off. Now cover your eyebrows with pads of absorbent cotton, as you do not want to bleach the eyebrows or lashes, and cover the face with a thin towel or absorbent cotton that has been dipped in your bleach. Allow it to remain on face for ten to fifteen minutes until the skin is brought to a deep pink but not long enough to be uncomfortable. Remove and apply another hot towel. Remove, dry, and massage with a little cream, very lightly. Remove, apply cold towel and a skin tonic. Dry and powder. This may be taken once a week or used alternately with the regular beauty clay every other week.

MAKE-UP

THE CORRECT POWDER BASE

The oily type of skin with enlarged pores is usually the most difficult to keep well powdered. The make-up tends to mix with the natural oil to form unsightly lumps or else the powder refuses to remain on it at all. The thing to do in this case is not to buy a new brand of cosmetics, but to correct the excessive oiliness by the use of astringent applications. After the pores have thus been reduced to normal size, vanishing cream will make a successful powder base.

For tender, dry skins that chap and flake off easily, an oily base is most satisfactory. Cold cream may be massaged in and then the excess wiped off before the powder is dusted on. The light film of cream on the face will hold the powder and protect the complexion. Cold cream for this purpose may be bought ready-prepared or it may be made at home of the following ingredients: Two ounces of rose water, two ounces oil of sweet almonds or olive oil, one-half ounce spermaceti, one-half ounce white wax, one-half dram tincture of benzoin. Melt the waxes and oil in a double boiler, stir in the rose water and benzoin and beat the mixture well. Pour into jars to cool.

A liquid powder base that is suitable for the average skin is made of one and one-half drams of subnitrate of bismuth, thirty grains of powdered starch, two drams glycerin and one and one-half ounces rose water. Mix the first two ingredients together, then gradually stir in the glycerin and lastly the rose water. The lotion may be thinned with more rose water if desired. Moisten a clean piece of absorbent cotton in this liquid and wipe the skin with it before applying powder.

The regular use of powder has a drying effect on sensitive skins that may be counteracted by using cleansing cream to remove the make-up. The cream will not make the complexion too oily nor encourage the growth of facial hair, as some of my readers fear, if an astringent lotion is used after the cream is wiped off.

Powdering a Dry Skin

When your complexion is in proper condition face powder will stay on smoothly, but if the skin is dry and flaky, the powder will reveal all its little cracks, lines, and roughness. If you examine your skin very closely after powdering you will notice that the skin in some places, as on the nose, seems to be in flakes which catch and hold the powder under their edges. As you know, your skin is constantly being renewed from beneath as it throws off the outer layers of cells; when these dead flakes of skin remain partially attached they make the complexion look rough, chapped, or finely wrinkled. For a skin like this, cold cream cleansing will soften and dislodge these outworn bits of skin better than other cleansing methods. After applying the cream, leave it on a few minutes, then wipe it off with a clean cotton pad moistened in an astringent lotion. In the morning cleanse your face in the same way, applying a creamy foundation as a powder base, then use a lighter grade of powder than you have been using. After your skin has become smoother you may cleanse it with soap and water part of the time and with cold cream on alternate nights.

How to Use Make-up

Girls under twenty years of age should need practically no make-up. For evening it is a good plan to use a trifle, since ar-

tificial lighting takes away one's natural color. But whatever is used should be put on so skilfully that few will guess that it is not one's own hue.

It must be remembered that there is a great gulf fixed between the theatrical make-up and the kind suitable for business or social occasions. Many girls apparently do not realize this. The purpose of the former is the entirely legitimate one of emphasizing the faces of actors or actresses so that they may be seen clearly at a distance. Heavy powders and grease paint are required for use on the stage, as this make-up has the advantage of staying on all the evening and even if it cracks the audience is not close enough to notice.

But grease paint as a foundation for a make-up is entirely out of place off the stage. Unless one's face is as immobile as a doll's the paint will crack. The correct make-up for street, home or office should begin with a generous application of pure cold cream. Next, with a clean soft cloth rub off most of the cream leaving just enough to hold the face powder.

The addition of rouge to the cheeks complicates the problem of artistic make-up. Even when the right shades of powder and rouge have been selected they sometimes make an unpleasant shade of pink when mixed on the cheeks. This trouble may be corrected by changing the method of making up. Some women apply the rogue first, powder lightly over it and add another touch of color. Others prefer to powder first, rouge, and then dust on another fine film of powder, blending the color at the edges. Whatever method you follow, be sure to dust off any superfluous powder in order to prevent it from showing on the eyelashes, eyebrows and corners of nose and mouth.

Remember that a heavy application of color will make the face look sunken at that point. Rouge applied too low on the cheeks give an old, haggard look to the face while if it is put on too high it suggests the hectic flush of the tuberculous patient. A happy medium should be sought.

A very delicate shade of brown may be rubbed on the upper eyelids to make the eyes appear brighter. An eyebrow pencil or stick of theatrical grease paint may be used for this purpose.

Next apply a suitable shade of face powder, pressing it on, not rubbing it. With a fluff of clean cotton or a soft baby brush dust off the excess powder. Brown mascara may be used to darken very blonde lashes and eyebrows after all powder has been carefully brushed out of them. The lipstick may be used next. Apply from the inside, work the color out, gradually blending the color to the edge and soften naturally where the white skin begins. A delicate accent with the lipstick will bring out the Cupid's-bow but a crudely formed Cupid's-bow looks artificial, especially when the dry, pale, partly concealed shape of the lips shows up to disadvantage when speaking or laughing. Cold cream should be

applied before using the lipstick to remove the powder or dryness. Do not moisten the lips with the saliva or bite them to make them look red, as this tends to dry and discolor and make the skin rough.

At bedtime all powder and rouge should be removed with cleansing cream. It is particularly important to take off the mascara as it is likely to get into the eyes and inflame them; rub white vaseline into the lashes to take up the coloring matter, then wipe it off thoroughly. The face may then be washed with lukewarm water if desired.

If the beauty of the lips depends entirely upon their natural shape, a large portion of women would have to be contented with unattractive lips. But this is not the case. There are two other ways in which the mouth may be truly beautiful .

Just as it takes a good complexion as well as good features to make an attractive face, so it is necessary that the skin of the lips be kept soft and smooth in order to have a pretty mouth. Parched, dry, peeling skin would make the most beautifully formed lips look ugly, and no one can blame justly her forebears for such a condition, which is merely the result of a lack of care. Even if the lips are not delicately shaped they may be beautiful in the velvety texture of the skin.

Pale faded lips usually indicate a poor circulation. Merely to use a lipstick is a shortsighted way to cover up their defects temporarily. The wise woman will realize that the physical condition betrayed by her colorless lips is a serious menace to her youth and beauty and she will begin to correct it at once by right diet and exercise. In the meantime she may use a salve or lipstick to protect and color her lips.

Every girl and woman owes it to herself to keep her lips smooth and full as long as possible. Puckered, dry lips are one of the signs of growing old, and there are few in our day and generation who do not wish to hold off as long as they can the evil day when they must admit they are no longer young. The only way to keep the lips young is to use a soothing salve or lotion upon them every day and to avoid the bad habit of biting or licking them. Plain cold cream may be used or the following recipe may be made up: One ounce spermaceti, two ounces olive oil, one-half ounce white wax, four drops oil of rose geranium, two drops cochineal. The last named ingredient may be omitted if a white salve is desired. Melt the waxes and oil together in a double boiler, remove from the fire and beat in the perfume and coloring matter when the mixture has cooled somewhat.

Another good recipe is as follows: One ounce glycerin, two ounces oil of sweet almonds, five drops oil of eucalyptus, one dram white wax. Melt the wax, beat in the almond oil, add the glycerin, stir together. Add the oil of eucalyptus last, when mixture is almost cold.

Use salve or a lotion on your lips before going out of doors to keep them from cracking.

CARE OF THE TEETH

If your teeth are even and beautiful, cultivate a smile that shows them, but if they are irregular and imperfect, practice a smile that partly conceals them.

For whitening and beautifying your teeth use a pinch of plain table salt on your tooth brush with warm water, rinse and brush with cold water. This is also excellent for keeping the breath sweet and pure on account of the strongly-antiseptic properties of salt. If the teeth are very yellow and discolored one teaspoonful of peroxide in a glass of water used to brush the teeth will bleach them. Rinse with cold water. With clean white teeth and a sweet voice, a smile possesses irrestible charm.

It is a scientific fact that many pains and aches throughout the body can be traced to unhealthy teeth. It is, therefore, essential to perfect health to keep the teeth in sound condition through regular attention. Make it a habit to consult a reliable dentist twice a year. The teeth should be thoroughly cleansed after every meal. They should, also, be brushed the first thing in the morning. It is a good practice to gargle, clean the teeth, then drink a glass of hot or cold water before breakfast.

CORRECT ADULT PROPORTIONS

Although according to classic standards a woman should be eight heads tall, in modern times seven and a half heads is considered a good proportion. This means that if a woman's head is nine inches high, her height ought to be nine times seven and a half, or sixty-seven and one-half inches, or five feet seven and one-half inches.

A woman whose head is eight and three-quarters inches high should be 65⅝ inches tall, or five feet five-eights inches. This height should be divided in the following way: Top of head to bottom of chin, eight and three-quarters inches; from chin to waistline, thirteen and three-eights inches; from the latter point to the top of hip bones and about level with the navel, four and three-eights inches; thence to the widest part of the hips, eight and three-quarters inches; to the bottom of the knee-cap, thirteen and one-eighth inches; from there to the heels, seventeen and one-half inches. The elbows should come to the top of the hip bones and the fingers should reach about halfway down the thighs.

PERFECT MEASUREMENTS

There are various types of figures just as there are different types of coloring and different temperaments. There is the flat boyish figure that is normal to girls in their early teens. Then there is the slender, girlish figure that reaches its perfection in the late

teens or early twenties. In this type the bust and hips measure the same. The height may be from five feet three inches to five feet six inches, and the weight from 120 to 130 pounds. Other physical specifications are: Neck, twelve and one-half or thirteen inches; bust and hips, thirty-four; waist, twenty-six; thigh, nineteen to twenty; wrist, six to seven; ankle, seven and one-half to eight; calf, thirteen and one-half.

The figure of the mature young woman is naturally more developed than either of the two immature types just described. She has more right to claim the title of "perfect" than they have because her development is complete. Her bust measure ranges from thirty-four to thirty-eight inches and her hips are two or more inches larger than her bust measurements.

While it would be foolish to say all women of a given height and age should have certain specifications, it may interest my readers to know what are regarded as the correct measurements of several ideally formed young women. Here they are: Height, five feet, five inches; waist, twenty-five and one-half inches; hips, thirty-five and three quarters inches; thigh, twenty-one and one-quarter inches; weight, if about twenty-four or twenty-five years old, 130 pounds; bust, thirty-three inches; wrist, six and one-quarter inches; forearm, nine and three-quarters inches; neck, thirteen inches.

American Venus—Height, five feet, six inches; neck, thirteen and one-half inches; bust, thirty-four inches; waist, twenty-six and one-half inches; hips, thirty-seven and one-half inches; thigh, twenty inches; calf, thirteen and one-half inches; ankle, eight inches; weight, 128 pounds.

Miss America, 1924—Neck, Twelve and one-half inches; bust, thirty-four inches; waist, twenty-six inches; hips, thirty-four inches; wrist, six inches; thigh, twenty inches; calf, thirteen and one-half inches; ankle, seven and one-half inches.

Miss America, 1925—Neck, thirteen and one-half inches; bust, thirty-four inches; waist, twenty-six and one-half; hips, thirty-seven and one-half inches; wrist, six inches; thigh, nineteen inches; calf, thirteen and one-half inches; ankle, eight inches.

Miss America, 1926—Neck, twelve inches; bust, thirty-three inches; waist, twenty-four and one-half inches; hips, thirty-three and one-half inches; wrist, six inches; thigh nineteen and one-half inches; calf, twelve and one-half inches; ankle, seven inches; five feet, four and one-half inches; weight, 118 pounds; age eighteen years.

When compared with the classic standard of feminine beauty, the Venus de Milo, it is seen that the present ideals call for smaller measurements of hips and waist. Venus' measurements are as follows : Neck, fourteen and four-fifth inches; bust, thirty-four inches; waist, thirty-one and one-fifth inches; hips, forty and four-fifth inches; thigh, nineteen and one-half inches; calf, thirteen

and one-half inches; ankle, eight and one-half inches. Of course, the Venus de Milo has a figure of a mature woman, whereas the Miss Americas are young girls.

The Perfect Thirty-six measurements are as follows: Height, five feet, five inches; neck, thirteen and one-half inches; waist, twenty-six or twenty-eight inches; hips, forty inches; shoulders, thirty-six and one-half inches; upper arm, twelve inches; forearm, nine inches; chest, thirty-six, thirty-seven, thirty-eight inches; length of foot, nine inches; thigh, twenty-three inches; knee, fourteen inches; calf, thirteen inches; ankle, seven and one-half inches. The Perfect Thirty-six is fifteen and one-half inches from base of neck behind to waist; forty-two inches from waist to floor. Inside sleeve measure, nineteen and one-half inches; 75 per cent of women are below the "thirty-six" standard; the rest are mostly above it.

The mystic "Song of India" comes floating through the air
It's time for our Phenomena, so, I hunt an easy chair,
And listen to his answers on questions, great and small,
And know he does his very best to try to please us all.
You certainly are wonderful, I think you're doing fine,
But when you're answering questions, won't you please answer mine?
I've written and I've written and I sit and wonder why
In answering your questions mine always is passed by.
I know you're very busy, and your broadcast time is short,
So I'll just wait patiently and try to be a sport,
And know that if it's fates decree that I get my reply
I'll surely be rewarded in the sweet bye-and-bye.

—MRS. EDITH RICHARDS,
Rd. No. 4, Box A 120,
Kent, Ohio.

WEIGHT CHART FOR GIRLS.*

Height Inches	13 years	14 years	15 years	16 years	17 years	18 years
	Pounds	Pounds	Pounds	Pounds	Pounds	Pounds
53	70					
54	73					
55	76	77				
56	80	81				
57	84	85	86			
58	88	89	90	91		
59	93	94	95	96	98	
60	97	99	100	102	104	106
61	102	104	106	108	109	111
62	107	109	111	113	114	115
63	112	113	115	117	118	119
64	117	118	119	120	121	122
65	119	120	122	123	124	125
66	121	122	124	126	127	128
67	124	126	127	128	129	130
68	126	128	130	132	133	134
69	129	131	133	135	136	137
70		134	136	138	139	140
71		138	140	142	143	144
72			145	147	148	149

*Reproduced by courtesy of Dr. Thomas D. Wood.

WEIGHT CHART FOR WOMEN.*

Height	19 Lbs.	20 Lbs.	21-22 Lbs.	23-24 Lbs.	25-29 Lbs.	30-34 Lbs.	35-39 Lbs.	40-44 Lbs.	45-49 Lbs.	50-54 Lbs.
4 ft 10 in.	98	102	106	110	113	116	119	123	126	129
4 ft. 11 in.	103	107	109	112	115	118	121	125	128	131
5 ft.	109	112	113	115	117	120	123	127	130	133
5 ft. 1 in...	113	115	116	118	119	122	125	129	132	135
5 ft. 2 in...	116	118	119	120	121	124	127	132	135	138
5 ft. 3 in..	120	121	122	123	124	127	130	135	138	141
5 ft. 4 in..	123	124	125	126	128	131	134	138	141	144
5 ft. 5 in..	126	127	128	129	131	134	138	142	145	148
5 ft. 6 in..	129	130	131	133	135	138	142	146	149	152
5 ft. 7 in...	131	133	135	137	139	142	146	150	153	156
5 ft. 8 in..	135	137	139	141	143	146	150	154	157	161
5 ft. 9 in...	138	140	142	145	147	150	154	158	161	165
5 ft. 10 in.	141	143	145	148	151	154	157	161	164	169
5 ft. 11 in.	145	147	149	151	154	157	160	164	168	173
6 ft.	150	152	154	156	158	161	163	167	171	176

*Reproduced by courtesy of Dr. Thomas D. Wood.

SHORT CUTS TO PHYSICAL FITNESS

"No time for exercise," is an excuse that many business girls give for their neglect of physical culture. Their lives are so full that they grudge the few minutes a day that are necessary for keeping the body fit by exercise.

Excuses, however, have no weight with Mother Nature. She has decreed penalties of sedentary living, which are sluggish circulation, poor complexion, digestive and nervous troubles of one kind and another, round shoulders and thick hips and abdomens. Business people who do not make a point of exercising regularly every day are laying themselves open to any or all of these troubles.

Yet the problem of finding time for exercises, especially in the morning, is often a difficult one. Some ardent physical culturists have found a convenient solution in exercises that are done while one is dressing. This idea was first published about twenty years ago, I believe, but it has recurred from time to time in periodical literature. These dressing exercises are usually designed for men, but there seems to me no reason why milady should not adapt and improve upon them for her own use.

Here are a few suggestions that will show you how to exercise different parts of your body while you are putting on your clothes and dressing your coiffure.

Exercise I.—When putting on your stockings, sit on the edge of the bed. Bend one knee up on your chest; rock backwards until your weight rests on the small of your back on the bed, your shoulders and neck being raised so that your hands may begin putting your stocking on your foot. As the stocking is drawn on, straighten leg and stretch it up with pointed toe. Repeat with other leg.

Exercise 2.—Before putting on your other garments, stand erect, heels together. Stretch one leg forward and describe a wide circle on the floor with pointed toe. When the toe reaches the back, bend the knee sharply, bringing it up toward the chest, toe pointed down. Thrust that leg into your step-ins or other undergarment and repeat the exercise with other leg.

Exercise 3.—In donning dresses or any other clothes that go over the head, you have a fine opportunity for a good stretching exercise. Place hands in sleeve of the dress, then stretch arms upwards, rise on your toes and inhale deeply.

Exercise 4.—Brushing and combing the hair gives an opportunity for some splendid arm, neck and trunk bending movements.

Keeping the knees straight, bend over from the waist so that your hair falls down over your face. Brush vigorously first with one hand and then with the other.

Exercise 5.—When buttoning or lacing shoes, stand with knees straight and bend over from the waist. This is a fine exercise for reducing the abdomen.

HORIZONTAL EXERCISE

Every one admits nowadays that daily exercise is good for one's health, but not all of us have put that knowledge into practice, because the usual conception of setting-up exercises is that they are very strenuous and take a good deal of time. There are all sorts of useful exercises, however, which may be done without tiring oneself. I am going to describe some of these that should especially appeal to the sedentary worker and the housewife or business girl who is on her feet most of the day. They may be done lying down on one side. It is a good plan to place a thin mattress or cot pad on the floor to lie upon, although a hard bed may be used.

Exercise 1.—Lie on the right side with right elbow close under the side. Stretch the left or upper leg forward, pointing toe well and bringing the hip forward. At the same time stretch the left arm backward, twisting the upper part of the body to that side. Repeat stretchings slowly three times, then turn over on your left side and repeat again. This exercise is good for reducing the waist and making the line from the armpit to the hip firm.

Exercise 2.—Lie on the right side with left hand on hip. Raise left leg up as high as you can, then slowly lower it. Now bend the knee and kick the leg obliquely upward. Repeat five times on each side. The exercise is designed to reduce flabby hips and thighs.

Exercise 3.—In the same starting position clasp hands over head. Now swing the upper leg forward and backward pendulum-fashion, until slightly tired. Make the swings as wide as you can, especially toward the back. The exercise is for making the lower abdomen firm and reducing hips and back.

Exercise 4.—Stretch the upper arm above the head and then swing it in wide circles from the shoulder, keeping elbow straight. Repeat ten to twenty times on each side. This fills out hollows in the neck, strengthens the back and makes the bust firmer.

Exercise 5.—Still lying on one side put hands on hips. Slowly rotate your head about five times. Stop if you feel dizzy. This is a splendid exercise for keeping the neck and throat muscles firm and youthful. Turn over on the other side and repeat.

EXERCISE FOR THE BUST

The exercises I am giving below are designed to make the bust firm by bringing into play muscles that are not often used. It is a great mistake to try to achieve this firmness by binding with tight brassieres, which only make the muscles weak and baggy. When they have reached this condition it is hard, and sometimes

impossible, to make them normal again.

Exercise 1.—Stand erect, with hands clasped at waistline on left side of body. The exercise consists of pushing strongly to the right against the resistance of the right hand. When the clasped hands reach the right side of the body, reverse the movement by pushing with the right hand to the left against strong resistance from the left hand. Repeat until tired.

Exercise 2.—Stand erect, with arms held out at each side at shoulder level. Tense the muscles. Slowly cross the arms in front, still at shoulder level and extended stiffly, with elbows straight. Return to starting position. Repeat.

Exercise 3.—Fold arms over chest, raise elbows to shoulder level, clench fists. Now pull the arms apart and out straight slowly, keeping muscles tense all the time. Reverse motion and repeat.

Exercise 4.—Stand erect, upper arms at shoulder level, elbows bent, hands touching shoulders. Keeping the hands in position, raise both elbows above head; lower elbows to chest, then swing them back as far as possible. A good exercise for bust and shoulders.

Exercise 5.—Here is another exercise for making the bust firmer and removing flabbiness under the arms: Place right hand on hip and incline the trunk slightly to that side. Extend left arm and swing it forward across the chest and right shoulder. Swing it out to the left side and then back of the body, bending elbow and reaching as far over to the right as possible. Repeat the exercise with each arm ten times.

For reducing the bust the exercise should be followed by alternating hot and cold spongings for five minutes, then bathe in cold salt water. Dry well.

For developing the bust, pat on some cocoa butter or olive oil after the exercises and stroke gently upward with the palms of the hands six times; do not use any pressure on the bust. Swimming is one of the best exercises for the development of a shapely bust. Deep-breathing exercises should be taken daily to increase the vitality and improve the carriage of the flat-chested woman.

Good, clean living, proper dieting and plenty of outdoor exercise plays an important part in every woman's life.

Nature provides that every woman enjoy a beautiful figure, that she may attract the opposite sex, that she may be respected and loved, if a woman does not take advantage of Nature's help, she then has only herself to blame, if she does not possess the qualifications necessary to making her life one of happiness, health and success.

PERSONAL MAGNETISM

THROUGHOUT the history of humanity there have been men and women who apparently were endowed with uncanny, mysterious and miraculous powers. We will all admit that some men are endowed with more power than others. Whence comes this power? Is it a gift of the gods which is bestowed upon a chosen few and passes up the majority, or is it a Universal Principle dormant in all, which only the few consciously or unconsciously develop?

We very often honor, respect, worship, love and look up to certain people, not because of their physical powers, but because of their mental and spiritual attributes.

When listening to the ideas or reading the opinions of influential men, although their ideas and opinions may not instantly awaken in us an understanding of all the physical requirements of life, nevertheless they satisfy and apparently nourish an inner longing of the Human Soul, and it is this satisfactory feeling of the inner which makes us look up to those who are apparently endowed with greater mental and often spiritual unfoldment.

The power called Personal Magnetism is a combination of the physical and mental force. Both these forces may be developed by an individual and a combination of both will give one a Dynamic Personality.

Orators, singers, captains of industry and leaders of men in the various professions are outstanding figures of this combination of these two forces.

The present Dictator of Italy is a splendid example of the combination of these two forces. In Gandhi of India, the leader of non-resistance, we have the purely mental type of magnetism, not having a combination of both the physical and mental forces. He lacks the advantages of the type of mind like Mussolini. Gandhi ideas could not be carried out in Italy.

The reason for this is that the people of the Orient are of a more retiring and spiritual type than the people of the Occident. The Occidental mind is more progressive and more energetic, therefore it requires a man with a combination of the two forces to rule and lead.

We sometimes find great writers and intellectual geniuses lacking in Personal Magnetism. While having the ability to express facts, the ability to impress is not there. In modern phraseology, they lack color and the ability to lead and influence others.

To have a combination of both the physical and mental forces does not mean that an individual must have a robust physique, for we very often find lanky, insignificant looking creatures who are the possessors of both of these qualities.

Physical Magnetism or nerve energy is a natural force of nature. Physical exercises, breathing and certain foods supply the body

with this natural energy. Athletes and those who indulge in all sorts of outdoor exercises generally have an abundance of this physical magnetism and nerve energy.

The surrounding atmosphere contains an abundance of this natural force, which is conveyed to the body by breathing, thereby energizing all the cells of the physical body. (In Oriental phraseology this force is called Prana). It is in no sense related to the fleshy body, but an independent force giving energy to the entire nervous system, thereby stimulating all the nerves of the body.

BREATHING AND PHYSICAL EXERCISES

Physical exercises, accompanied by correct breathing in a mild and moderate manner will give the student the necessary physical magnetism. Great care should be taken not to overdo deep breathing.

EXERCISE 1

Relax and sit very quietly in an upright position with the spine straight and head erect. With mouth closed, exhale slowly and then inhale through the nostrils. Then hold the breath for about four seconds (the held breath should be done deeply but without any strain whatever). Now exhale very slowly and as thoroughly as possible without any jerks; wait a few seconds before inhaling again. Do this exercise for about five minutes. The above exercise will eliminate all impurities from the system, and will also encourage rhythm and give vitality to the body.

EXERCISE 2

Sit in the same position as indicated in the above exercise. Now, with the mouth closed, inhale slowly and while inhaling mentally picture the breath as a fine silvery thread drawn slowly through the nostrils and filling the lungs. Exhale very slowly and while exhaling concentrate the mind upon the breath, still imagining it as the silvery thread. The exhaling should be done very slowly. Repeat this exercise until it can be done without effort.

EXERCISE 3

Stretch the arms forward, then raise them upward, and while raising them upward inhale slowly and deeply. Now clench both fists tightly. Hold the breath for four seconds.

EXERCISE 4

Stretch the arms before you horizontally. Clench both fists tightly and turn them both away from each other, bringing the knuckles downward while still holding the tenseness for a few seconds. Now open the fingers slowly. Repeat this exercise a few seconds.

EXERCISE 5

Stretch the hands and fingers by moving the hands backwards from the wrist, clinching the hands tight and very slowly unclinching.

EXERCISE 6

Stand with both feet firmly on the floor. Stretch the neck slowly back as far as possible without jerking, then bring the chin forward until the chin touches the chest.

EXERCISE 7

Stand with both feet firmly on the floor, both hands at the side, fists closed. Slowly rise on the balls of the feet and stretch the body. Now take a deep breath through the nostrils, tense and stretch the entire body. Imagine you are going to touch the ceiling.

EXERCISE 8

Stand firmly on the floor, raise the right foot before you and tense the calf—then relax. Now tense the thigh for a few seconds and slowly relax. Alternate this exercise by doing the same thing with the left foot.

EXERCISE 9

Stand firmly on the floor, sway the trunk in a rotating movement, first to the left and then to the right.

These exercises or any of a similar nature will give energy to the body.

Food

Certain foods will also supply the body with nerve energy. Foods exposed to the rays of the sun, such as figs, grapes, oranges, cabbage, spinach and nuts of all kinds have a tendency to tune up the system.

While the application of the above given principles may not give one a personality which can be felt when in the presence of others, one may become a fairly healthy person.

To have full control over the emotions and to utilize all the forces of the personality will give an individual the powers which make a Dynamic Personality and enable him to stand out and impress his fellow men.

The emotions are powerful forces working in and through the organism of man. The individual who allows himself to be easily excited and to give vent to his feelings, or to show traces of jealousy is weak. One of the greatest fallacies in the average person is to fly into a rage over the least excitement.

Many believe that by creating a scene, babbling like a parrot, and in general making a show of themselves is an indication of strength. In reality it is only an indication of weakness, a waste

of strength and scattering of their energies. Noise is not strength—the silent forces are the real forces. Electricity, one of the most powerful forces of nature, is SILENT. The man who is desirous of utilizing his natural energies will not allow any adverse emotion to affect his equilibrium.

TRANSMUTATION OF EMOTIONS

The emotions may be either harmful or helpful to one's development. A simple method of transmutation is this: When you feel that you are about to lose your temper or be swayed by any emotional force which you know will be a detriment to you, immediately affirm: "I AM DYNAMIC POWER," or "I AM A LIVING BREATHING MAGNET." If any of the above affirmations are made with feeling, the emotional force which may have had a tendency to pull you down and scatter your energies will automatically be transferred into mental power. Success depends upon your conscious realization of the affirmation made. It must be actually lived for a few seconds and become a part of your inner Self.

ENERGY AND DETERMINATION

A comprehension of the principles which give energy to the body is very important. But if this energy is wasted, not concentrated upon, it will go to waste. There are many men with an overflow of energy who do not accomplish much. The reason for this is there is no concentrated thought behind their actions. They are fooling with this and that and wasting valuable time. They are forever having new ideas and a certain amount of energy is wasted on each idea, but they never accomplish much.

If you have a plan in mind which you KNOW will be advantageous to some undertaking in your life, marshall together all the forces of your personality. Guide and direct them into a chosen channel and with undying determination utilize those forces to reach your goal. Says Buxton, "The longer I live the more certain I am that the great difference between men, the feeble and the powerful, the great and the insignificent, is energy and an invincible determination, a purpose once fixed and then Death or Victory. That quality will do anything that can be done in this world and no talents, no circumstances, no opportunities will make a two-legged creature a man without it." The trouble with some men is that they under-estimate themselves. They do not realize the power at their command. If the amount of energy that is daily wasted were harnessed and directed in the right channel, much could be accomplished.

THE MENTAL PHASES

The mental makeup of a person acts as a driving force, giving atmosphere or color to the personality. The surrounding atmosphere of a very magnetic person is composed of waves of mag-

netic energy. This energy is also a part of the aura. It is this wave of energy enveloping and radiating from a person which, when coming enrapport with the minds of others, sets up a corresponding vibration and produces in the minds of those he comes enrapport with, the same mental condition as his own. If those he comes enrapport with are of a lower type of development or lacking in the power of resistance, the more his personality will be felt and naturally the greater will be his influence over them.

It can then be readily seen that in developing the higher phases of personal magnetism, the development of the mind is an important factor. Working out the problems of daily life, if done in a constructive and forceful manner, will give splendid results.

It is well to believe in something and a belief in GOD is good. If not in GOD, then believe in yourself. But you must have a solid foundation upon which to stand.

He who does not believe in anything will meet with little success in life, no matter what his undertaking may be. "I will drink yonder ocean," says the persevering soul; "yonder mountain will move at my command." Have that kind of energy. Manifest that kind of stick-to-it-iveness.

In your early training, it is well to capitalize upon your ability, to capitalize on what you are. As a boy this idea became very clear to the writer. When I was a young boy I had a great desire to travel. I wanted to study the lives and habits of my fellow men, but I did not have sufficient money with which to travel.

One day while attending a street bazaar I won a beautiful rug in a lottery. After keeping the rug for a few days, I exchanged it for a pair of goats. Then I sold goat's milk to the neighbors and with the money derived from selling the milk I bought more goats. In a short time I had a goat farm and from the proceeds of my farm I was enabled to start on my first journey. I have since encircled the globe three times.

Capitalize upon what you are and then improve upon your mental life, with never failing energy and determination. Man is not what he THINKS HE IS. Man is only WHAT HE THINKS. The sum total of your life is not based upon what you imagine yourself to be, but upon the train of thoughts YOU harbor daily. This is the real you and the mere fact that you try to expand your mental life is an added factor in your development of power.

If a man's mental life is built upon a solid foundation, he may say to himself: "Here I am, a child of nature; I know not whence I came or whither I am going, but I am here upon the ashes of my dead self (your past mental life). I will build my life over again. My environment is a reflection of myself and I am a reflection of my environment."

When you stop to analyze your own life you will readily see that man is the creator of his own surroundings. By harboring a train of constructive thoughts and new ideas in contrast to the

surroundings which are detrimental to him, he is able to create new conditions. To overcome inharmonious conditions, firmness and positiveness are very essential.

Man should be judged not by his clothes
Nor by the God he serves,
Nor by his race, or tint of skin,
Nor by his loves or sins,
But by the nature of the thoughts he thinks.

STUDY OF HUMAN NATURE

The saying that the greatest study of mankind is man still holds good. The great leaders and outstanding figures in history who have attained the power to rule the masses are the men who have consciously or unconsciously made a keen study of human nature.

We find that in their study of mankind they were not afraid to mingle with the vulgar and ignorant as well as the refined and intellectual. The likes and dislikes; the moods and inclinations; the desires and weaknesses—in fact, every phase of human nature has been thoroughly studied.

Forming ideas from the known traits of human nature makes it easy to call upon the emotions of the masses. We know that the majority of people are swayed more by feeling than by thinking. If you try to reason with an unruly mob this fact becomes very evident. A few followers would respond to an appeal to reason, while an appeal to the emotions, the feelings and the prejudices would bring about a great following. When the emotions control reason and logical thinking, the greater will be the following of the leader by the masses.

NON-ATTACHMENT

Non-attachment gives one the power to detach himself from everything which might have power over him. Non-attachment does not mean to be cold and indifferent to others, but it means that nothing must affect you. You must be indifferent to the happenings in your daily life. No matter what they may be, you must be non-attached. Being non-attached gives you power over yourself.

The little trifles as well as the big problems of life must have no effect upon the individual who is to be a leader of men. He must build up within himself the power which will enable him to resist any conditions adverse to him.

Nothing can have power over you until you admit it. Like the lotus flower, which grows in the water but does not absorb it, so must you acquire an inner mental control so that nothing can effect your equilibrium.

Vision

Your vision must come from yourself and should be built according to the mental concepts of your ideal. This does not mean day dreaming ideas which are beyond your ability to put into execution, but rather an inner realization which must be a part of yourself.

He who visualizes something which is beyond his ability to bring into manifestation will suffer defeat. Only in proportion to his application of physical and mental means will his vision materialize.

As an illustration, a man is desirous of improving his business. He must mentally grow and also use physical efforts. In proportion to his mental growth, so will be build step by step and improve accordingly.

The Will

The will may be developed by intensive action and strengthened by faith. Potentially in everyone I believe there is a certain amount of will power and that in nearly all cases it is not the will but the mind that requires training.

He who has the mind properly developed and trained can make the will act as a dynamic force to spur him on to greater achievements. Many of us instinctively feel and know the power of the will, but unless we are stirred by pain or danger, real or imaginary, we lack the enthusiasm and energy to express it.

Our troubles then seem to be due to mental lassitude and we do not put sufficient force back of the things we desire. We do not care to pay the price for our accomplishments. We want to be leaders and masters of others but never think of giving ourselves a course in mental discipline.

Exercise For Developing the Will

At least once daily perform some disagreeable task. Go to some place where you know you are not welcome. Do it cheerfully and as pleasantly as though you were doing something that you really liked to do. It is easy to do something you like, but doing something you do not care to do will be of great advantage to your growth and development.

Fight the good fight for all that is right;
Within your SELF lies your strength and might;
Abolish all fear that may handicap you
And you will succeed in whatever you do.
Fight the good fight and stick to your goal;
Trust in the strength of your immortal soul.
Trust in your SELF and let go of "I can't;"
WILL and YOU CAN DO whatever you want.

Although it is the birthright of every human being to acquire knowledge of himself and to utilize the forces of his personality to enable him to get the necessary things of life, it is also true that this power should never be used to take advantage of others.

The power of a highly developed intellectuality without growth of spiriutality would enable one to take advantage of persons of a less highly developed mentality, and unless a man has had early moral training he may not be able to resist the many temptations which confront him. Some of the greatest criminals of our time have been men of pronounced intellectual qualifications.

In searching for and acquiring power, it is best to utilize that power for unselfish purposes, and for helping others.

He who uses his power for any other purpose in life treads upon very dangerous ground, and the power so acquired will be of little value to him.

EAT TO BE HEALTHY

Diet

MAN'S fleshy robes consists of sixteen elements as follows: SODIUM, POTASSIUM, CHLORINE, SULPHUR, MANGANESE, IODINE, IRON, OXYGEN, NITROGEN, CARBON, SILICON, FLUORINE, CALCIUM, HYDROGEN, MAGNESIUM, and PHOSPHORUS.

If there is a lack of one or more of the above elements in the body, low vitality will be the consequence. The system then becomes a fertile soil for the breeding of disease germs.

The cause of most disease is due to wrong diet or acid forming foods. A few acid forming foods are as follows: Sugar, white bread, all fried foods, all kinds of meats, potatoes, pies, pastry of all kinds, pancakes, coffee, tea, bananas, candy and macaroni, etc.

Our bodies are composed of acids and alkalines. Before the nerves, tissues and organs can function properly, these acids and alkalines must be present in right proportions. If there is an excess or insufficiency of either acids or alkalines, the normal functions of the body will be affected.

An excess of acid forming foods have a tendency to stagnate functions of tissues, thereby causing rheumatism, diabetes, Brights disease, heart trouble, gas on the stomach, lumbago, etc.

It can then be readily understood that most disease is caused by too much acid forming foods. The diet of the average individual consists of coffee, tea, white bread, pies, puddings, meats, potatoes and cakes—all of which are acid-forming foods.

By alkalizing the system most of our ailments can be overcome. Alkaline foods are prunes, oranges, grapefruit, almonds, walnuts, figs, celery, water-cress, spanish onions, black currents, blackberries, grapes, strawberries, all kinds of vegetables and nuts.

When there are epidemics of diseases, it is important that we fall back upon a heavy alkaline or basic diet foods containing the metallic salts. These salts are of the utmost importance, as germ life cannot exist where the metallic salts are in abundance.

Phosphorus and Sulphur are necessary for the proper functioning of brain and nerves. Oil is needed for brain, nerves, joints, nervous hysteria and kindred ailments. Raw egg yolks, nuts, and especially almonds and walnuts are also needed.

Potassium compounds are essential for the muscular system, especially Potassium Carbonate, which is found largely in prunes, black olives, bitter vegetables, green sour salads, olives, beechnuts, wheat, bran bread, barley, cherries, gooseberries, etc. These foods stimulate all bodily functions, build bones and brain metabolism. A large plate of raw salad should be eaten daily with a dressing of lemon juice and olive or mazola oil. The problem

is to avoid acids as much as possible and keep the system from becoming over acid.

Oxygen is of the utmost value to the system—no oxygen no life. It is a well-known fact that elements have affinities and in order to get the full value of oxygen, breathing alone is not sufficient. Potassium and iron will attract oxygen to the blood and glandular system. Silicon found in oats, barley, lentils, figs, spinach, red cabbage, rye foods and the outer shell of grains, attracts oxygen to the nerves and tissues. To avoid cancer and ulcers, avoid eating an excess of acid forming foods.

DIET AS A HEALING AGENT

BAD TEETH—Eat a liberal amount of cucumber.

CATARRH—Practice deep breathing and plenty of leaf lettuce should be eaten daily.

SORE THROAT—Gargle with lukewarm water to which half a lemon has been added.

COUGH—In half a glass of hot water, place one teaspoonful of honey and drink slowly.

SLUGGISH LIVER—A cup of hot tea two hours before or after meals.

ABCESS—Apply a warm flaxseed or hop poultice.

CONSTIPATION—For a period of ten days do not eat any food at breakfast time. Instead, take the juice of as many oranges as desired. Do not eat any food until the noon lunch. A pound of grapes eaten daily is beneficial; also a teaspoonful of hot olive oil taken daily or a teaspoonful of peyllaseed will give relief.

ECZEMA—Make a salve of one ounce each of sulphur, pitch and vaseline and apply.

STIFF JOINTS—Sesame oil used externally for massaging.

ASTHMA—Four grains of asafetida and four grains of camphor mixed with honey ought to form a paste, roll in bread crumbs, and take one daily as a pill.

SESAME SEED—Boiled and taken as a tea increases and helps to produce milk in nursing mothers.

TO NEUTRALIZE ACIDITY temporarily—Mustard seeds crushed and taken with the juice of an orange.

CONGESTED LUNGS AND COLD—Four drops of cinnamon oil taken in hot water.

WORMS IN CHILDREN—Juice from the leaf of pineapple plant, half a teaspoonful daily.

SOUR STOMACH—Sour Kraut juice taken daily counteracts a sour stomach.

GALLSTONES—Fasting and the juice of one lemon taken every hour until relieved.

CAUSES OF GAS ON THE STOMACH

Should gas pains develop on your left side, it is because the system is loaded with too much protein. If the pains are on the right side there is too much starches. If the gas pains come on the right side, to effect a cure you must eliminate starches from your diet until relieved. If on the left side, then leave out proteins and all fibrous food until relieved. However, if you eat a well-balanced diet each day, and include at least one raw salad, there is not much danger of having an excess of either starches or proteins in your system. FOR RAISING THE METABOLISM OF THE BODY—A hot bath followed by a cold sponge, or cold sponging the different parts of the body raises the Metabolism.

PERNICIOUS ANEMIA—Apricots eaten daily increases the activity of the spleen and have a much better curative value than liver, which has been used successfully for curing pernicious anemia.

DIABETES—Boil watermelon seeds and drink a cup of the tea two hours before or after meals.

GOITRE—Grate or grind raw beets, squeeze out the juice and take a teaspoonful daily.

PILES—Kerosene injected two or three times a day.

NERVOUSNESS—Take the juice of two large heads of lettuce each day.

TO RESTORE GRAY HAIR—Mix four ounces of sesame, four ounces of bay rum, one-half ounce of bergamont, one-half ounce oil of orange flower, three ounces of oil of almond, shake well and rub into the scalp.

HEARTBURN—A pinch of salt will stop it instantly.

CLEANING KIDNEYS—Coriander seeds or tops, drinking as a tea.

SPIRITUAL SELF HEALING

Lie on your back on a couch or bed, relax all over, there must not be tenseness of the muscles whatever. Center the attention on the tips of the nostrils and while inbreathing and outbreathing concentrate the mind on the breath as it enters and leaves the nostrils. This will have a tendency to slow down the breath until it becomes a mere whiff when inbreathing. You have now attained a state of mental and physical calmness, as this stage is reached endeavor to realize that you are expressing "DIVINE PERFECTION."

Make the following affirmation and while doing so name the afflicted organ, "I am now expressing a perfect organ of the Divine, which is all perfect." Also this affirmation can be made: "My organ (here you will name the afflicted organ) is a perfect replica of the Divine."

If this is properly done, your objective consciousness is merged into the consciousness of your higher Spiritual Self, which is perfect.

This exercise is based upon the knowledge that man is in essense a replica of The Divine. "In mine Own Image have I created Thee."—Bible. "By Me all this universe is pervaded. In My unmanifested aspect, all things have root in Me, not I in them. As the mighty air moving everywhere is rooted in ether, so all being rests rooted in Me."

"As the Omnipresent ether is not affected by reason of its subtlety, so seated everywhere in the body the Atma (Self) is not affected. As one sun lights the world, so the Lord of the Field (KSHETRAJNANA) Illuminates the whole Field."

CRYSTAL GAZING

FIRST the Student should purchase a Crystal, there are many different sizes and grades of Crystals on the Market which may be purchased from fifty cents up to a hundred dollars.

The author recommends for the average person a Crystal which should be of clear glass, and about four inches in diameter.

The Crystal can either be held during the tests or placed on a stand or pedestal.

Before starting the test or at the beginning of the sitting, the first thing to be done by the Crystal Gazer, is to rub the palms of the hands briskly for about three minutes, pick up the Crystal with the left hand and make several passes with the right hand over and above the Crystal. This first movement will have a tendency to magnetize it and bring results more quickly.

Gaze calmly into the Crystal, but do not strain the eyes. Do not try to avoid winking your eyes—There is a difference between "Gazing" and "Staring," remember. Some good authorities advise making funnels of the hands, and using them as you would a pair of opera glasses.

First Signs of Vision

When you find the Crystal begins to look dull or cloudy, with small pin-points of light glittering therein, like tiny stars, you may know that you are commencing to obtain that for which you seek—viz., crystalline vision. Therefore, persevere with confidence. This condition may or may not, continue for several sittings, the Crystal seeming at times to alternately appear and disappear, as in a mist. By and by this hazy appearance, in its turn, will give place quite suddenly to a blindness of the senses to all else but a blue or bluish ocean of space, against which, as if it were a background, the vision will be clearly apparent.

Of course, what you apparently see in the Crystal is really transpiring in the open light. The development of telepathy or mind reading is amazing. It manifests itself in everyday life and reaches its climax in the attainment of the masters of wisdom on the high places of the Earth. The wonderful manner in which this intelligence is communicated or rather the speed with which news of an important character travels is wonderful.

The favor which Crystal Gazing meets with at the hands of beginners is due to the fact that it is the easiest method known by which the Astral Vision may be awakened. With the majority of people, the power may be awakened only by the aid of some physical object which may act as a starting-point for the Astral Tube, or as one writer has expressed it, "a convenient focus for the Will-power." A number of objects may be so employed, but the Crystal or Glass Ball is the best for the purpose because of certain

atomic and molecular arrangements which tend to promote the manifestation of the psychic power and faculties.

Crystal Gazing, as a method for inducing Psychomatic vision, has been quite common among all peoples, in all times. Not only the Crystal but many other objects are similarly used.

In many cases, a number of trials are required before you will be able to get good results. In others, at least some results are obtained at the first trial. It is a good plan to try to bring into vision something that you have already seen with the physical eyes —some familiar object—try to have the scenes of your early childhood appear in the Crystal or any other familiar scene.

An English authority recommends that beginners failing to get direct results, then try to "visualize" something that they have already seen—something familiar, such as a chair, a ring, a face, etc., and then turning to the Crystal endeavor to reproduce it there. It is claimed that this practice will often gradually lead to actual "seeing" in the Crystal.

The first signs of the actual "seeing" in the Crystal, comes in the form of a "cloudiness," or "milky-mist" in the Crystal, which slowly resolves itself into a form, or scene, which appears gradually like the precipitation of a photograph upon a sensitive plate in the developing room. In some cases, the "misty" cloud deepens into a black one, from which the pictures appear.

Before becoming discouraged, remember that most frequently nothing will be seen on the first occasion, and possibly not for several sittings; though some sitters, if strongly gifted with psychic powers in a state of unconsciousness, and sometimes conscious degree of unfoldment, may be fortunate enough to obtain good results at the first trial. If, therefore, nothing is perceived during the first few attempts, do not despair or become impatient, or imagine that you will never see anything. There is a royal road to Crystal vision, but it is open only to those who will practice Calmness, Patience and Perseverance.

The Crystal should not be used soon after taking a meal, and care should be taken in matters of diet to partake only of digestible foods, and outdoor exercise, with contentment of mind, or love of simplicity in living, are great aids to success. Mental anxiety, or ill-health, are not conducive to the desired end. The better your health, the clearer your vision, although many people in indifferent health do see, yet they have not the greater powers. You should live as far as possible in the fresh air, take a reasonable amount of exercise and try to hold the thought of health and purity ever before you.

A Crystal should not be handled by anyone other than the owner, from the fact, that when handled by others, it becomes de-magnetized, as a Crystal when constantly used by one person becomes highly magnetic, and has a tendency to hold the magnetism of this person until again used.

SPIRIT SIGHT

The phase of Spirit Sight is easily produced and should be seen at the end of a week of practice, if the conditions are fulfllled and you have had absolute confidence in yourself. You must not forget the necessity of mental purity, a person impregnated with love for humanity and free from jealousy and hatred or evil of any kind is necessary, if you want the best results.

I have had repeated evidence from many Crystal Gazers in the possession of this power. Sometimes the knowledge obtained was given out through the person's body and at other times it was expressed directly by the Crystal Gazer either in his own voice, or by symbols.

Unless the Crystal vision is very clear you will find many things half formed in the glass and they will come to your mind quite as vivid as a picture since it is not the virtue of the glass, but your own sight which you can read, or see in the astral light of those who consult you.

The astral light is a very important consideration since as soon as you are able to perceive this about a person you can read the meanings in the play of its color as it surrounds every man, woman and child. The astral light thrown off by people is composed of tiny atoms of so minute a character that it is entirely imperceptible to the naked eye, but is clearly visible to those who have successfully succeeded in so controlling themselves that they can obtain the state of spirituality at will. This is what I refer to as clairvoyant sight. The light is of the nature of a cloud which entirely surrounds the person sitting and it is through reading this either knowingly or unconsciously that the Crystal Gazer is able to deduce the events in the lives of those around him.

The meaning of astral light and the colors which surround all human beings as well as animals is a subject that has long engaded the attention of intelligent investigators. The attempt to see the colors which envelope every person is one that a great many people find hard to grasp. There is but one royal road to it, however, that will give results. It is the road to faith and belief.

ASTRAL COLORS
OR HOW TO READ THE CRYSTAL

The different colors shown in the astral light are ten in number and they have a fixed meaning. They are seldom seen pure as in the prism. The meanings are of great use to you no matter whether the colors appear in the Crystal or in the high phases of spirit sight.

Orange means material success and is very good. Green, joy, pleasure and light heartedness. Yellow, a surprise, if cloudy, unpleasant news. Blue, intellectual capacity and a good brain. Violet,

spiritual, spirit sight possessed. White, is a good omen. Black means trouble and danger, and is a bad omen. Crimson, love, sympathy and goodwill. Red, is passionate, sensual and violent. Purple means riches.

When the light or colors appear in the Crystal you can give them the same meaning as when they appear around the head of the individual, but remember that often faces, figures, symbols, etc., come into the Crystal surrounded by waves of clouds, then the colors will indicate the condition of the person whose face appears in it and you must give your reading accordingly.

Pale violet signifies love, passion and great endurance. Green shows a person will gain victory and success and a very cheerful character, full of love and good purpose and ever ready to see the bright side of everything. A dark sickly green signifies a deceitful nature, a double-tongued person who you should place no confidence in, shun them whatever you do, if you don't you will regret it. Brown signifies greed, disappointment and dishonor.

These colors will appear clearly to you if your sight is developed, or will be observed in your Crystal. You will seldom see them alone, they will nearly always appear with symbols, letters or some indication or form and will give you the clear key to their meaning. These different colors indicate the mental and spiritual condition as well as the traits of character of the people who consult you or who you are diagnosing for disease. You can tell at once what condition your client is in as your sight grows and you learn to interpret colors.

The gross and unorganized people will be surrounded by darker shades of red, black, brown, blue, green, and mean, treacherous people will have clouds of brown around them. Those who are deceitful and jealous will have clouds of a dirty yellow, or a sickly green, while the hypocrite will be surrounded with a brown bronze blue color. The bad tempered person will have much scarlet. The passionate person clouds of red. It is thus the deceitful and evil minded people will be made known to you alone.

Now in this way you can strike out the keynote of the persons you are dealing with and find out the reasons for their actions, their troubles and often the symbol vision which relates to their future. White is a token of innocence, faith and purity. This is seldom seen in ordinary people, but comes to those of especial training who have learned the great lessons of life. Red, of a pale shade signifies passion, love, creative power and a character full of warmth and inventive genius, great vitality and true worth.

Scarlet signifies awful passion and a low degenerate nature. Blood red means war, hatred and punishment. Scarlet and black combined indicate a devilish outburst of passion, possibly murder, very poor control over the will and reasoning powers. When black is prominent it shows affliction, earthly thought and a mercenary nature. Gray means mourning, trouble, sorrow and disappoint-

ment. Pale blue shows an intellectual nature, one who is in an advanced state of development and understands himself. The deeper shades of blue indicate religion, but if there is a mixture of brown and gray with it, it means selfishness and pious deceit, causing a great deal of sorrow and bigotry in the nature of those who show this color. Yellow appears to envious persons with jealous dispositions, very unsatisfactory in their dealings, inconstant, deceitful and liars. A bright pure golden yellow indicates the highest order of intellect, intuition and spiritualism. An orange yellow indicates a somewhat lower order of the above, but a great deal of success in commercial matters. A deep violet blue indicates high spiritual thought but is seldom seen. A clear bright blue indicates a condition of religious excitement and where there is much of it, it may cause a person to be unbearable to those whom he comes in contact with. He neither waits time nor opportunity to thrust his religious opinions on others. Where considerable pale blue color is in evidence you get the man who is cold, but scientific, free from passion, refined and apt to frequent places of art, culture and refined music. Always avoid dark yellow, these people are envious, unscrupulous and deceitful, bad for any business dealing and bad associates. The man or woman who carries the violet blue color about them has intense aspirations to live an upright life. They never mix with anything degrading or mean. They are trustworthy and truthful and good people to associate with and do business with.

The influence of the varying shades of red thrown off by certain people are widely different. From the pure affection and tender love of the rose color is the condition which creates happiness wherever it falls, it is the opposite of the scarlet color and its effect may be easily told. The person with much scarlet will bring an element of discontent and dissention wherever he goes. His lot will fall among thieves and envious people and he will frequent places where mean conditions exist such as music halls, saloons, etc. According to his station in life so will these places be of high or low aspect, but all will bear the taint of vice and low characters and the person must be judged accordingly. Blood red color always attends soldiers, murderers, butchers, and all those whose thought turn red with anger. It means a swift and terrible death to them.

People with much gray, especially blue gray about them, bring depressing influences to bear upon all about them especially their relatives, friends, neighbors and in all their affairs. They are always cowardly, afraid, morbid and continually worrying over something. They are always in grief or sorrow. It indicates mourning and bereavement. You have for instance a client whose color gives you a shade of red, blue or violet, with perhaps some muddy yellow or green combined in it. Here you have a person of great passion, but with a certain degree of intellect and desire

for spiritual things, but an underlying nature of deceit, selfishness and jealousy which will keep him from any great advancement in life, a weak character. Warn your client of this if you think it wise. Now there comes into your vision another face; surrounding it you see clouds of red and black, flashes of brown and yellow, you will see at once that it is necessary to warn your client of this person who can be no friend and only a bad influence.

The influence of the black color is lowering and brings depressing influences upon all about them. The influence upon the person who creates it is very bad, it brings his life into chaos. It keeps him on a low level, creates low impressions and conditions which are difficult to overcome. Such people are always in trouble and seem to attract evil and disaster.

You will always find that the pure colors rise highest in your Crystal. The heavy colors always sink. You will now see from this how to read the colors, but you should always balance one against the other.

"CONTACT" MIND READING

MIND Reading is divided by the authorities into two general classes, viz., "Contact" Mind Reading and "Telepathic" Mind Reading.

The first of these classes, "Contact" Mind Reading, is demonstrated by physical contact between the Transmitter (or active agent) and the Receiver (or passive agent) in order to afford an easy channel for the passage of the vibrations, thought-waves, nerve-currents, or magnetism of the Transmitter (according to the several theories favored by scientists). The second class, "Telepathic" Mind Reading, is demonstrated by the transferral of the "waves," "vibrations," "currents," or "magnetism" of the Transmitter to the Receiver over the ether through space (often for thousands of miles) without the more convenient "wires" of the nerves of the two agents.

You will readily see that two classes of phenomena closely resemble the two classes of telegraphic phenomena, i.e., the "wire" system and the "wireless" system. There is a striking analogy between electric phenomena and mental force phenomena all the way through the subject, and this subject of Mind Reading is simply one of the many forms of the resemblance.

We shall begin by giving you instructions in the first form—Contact Mind Reading, as it is the simplest and most easy of accomplishment and demonstration. And besides, the best Telepathists have been trained by means of the practice of Contact Mind Reading at the start. One leads to the other, just as the ordinary wire telegraph naturally led to the "wireless" system, which is even now but in its infancy.

At this point we wish to point out to you a most grievous error, and unjust judgment, that certain so-called scientists and investigators have fallen into regarding this matter of Contact Mind Reading. In order to give you a clearer idea of the nature of this error, we must call your attention to the fact that Contact Mind Reading has been given much publicity through the advertisements and performances of several celebrated public performers, and their lesser-light imitators.

These performers, like many others, have sought to give an attractive public entertainment rather than a scientific demonstration, and some of them have found it much easier to "fake" some of the demonstrations rather than to perform them according to scientific principles. And the careful investigators soon discovered that in certain cases there was no Mind Reading at all, but only a clever imitation which was styled "Muscle Reading." In other words, instead of the performer receiving his mental impressions from the mind of the Transmitter, over the nervous system of other persons, he would push up against him, and by a clever system of pushing, pulling, leading, and leaning would detect the muscular

movements of the Transmitter, and by careful practice would learn to interpret these movements so as to get an indication of the location of the hidden objects and practically be led or pushed toward the spot. But even in these cases, the performer would of necessity have to employ more or less genuine Contact Mind Reading to finish the feats. The only advantage the performer gained by resorting to these unfair methods was that it was less fatiguing to his mind and enabled him to "fake" through the performance with less mental wear and tear.

The investigators, easily discovering the above mentioned "faking" performances, came to the conclusion that the whole thing was a "fake" and could be explained by the "muscle reading" theory entirely. And so the news was spread broadcast, and you will find a number of books written explaining Contact Mind Reading on this hypothesis. Of course some of the public may prefer to accept this erroneous theory, but we wish to say here positively that if any person will honestly investigate for himself, and will learn to make the demonstrations personally, he or she will soon discover that "muscle reading" has nothing to do with the genuine phenomena. The proof of the thing is in the doing of it, and you may learn the truth for yourself if you will but try the feats and demonstrations, herein given, just as we teach them. The result of such practice will cause you to feel with us the indignation arising from the attempts to belittle a noble scientific principle, and practice, by an explanation arising from the witnessing of "fake" imitations of the real thing.

The truth is that the muscles have nothing to do with the passage of the mental currents or waves from the Transmitter to the Receiver any more than they have to do with the transmission of nervous sensations from body to brain, or the motor impulses from brain to body. When you wish to close your hand you send a nervous current from your brain to the muscles controlling your hand. The current travels along the nervous system, and is by it distributed over the muscles causing them to contract. A current from a galvanic battery will cause the muscles to act in the same way. But the muscle is the machinery affected and set into motion, and the nerves are the delicate telegraphic wires leading to the parts.

And so it is with the transmission of the mental waves and currents. The brain of the Transmitter, aroused by his active *Will,* sends a powerful current or wave through his nervous system. When it reaches the extremity of his fingers it leaps over the tiny space separating his nerves from the nerves of the Receiver, and enters the nervous system of the latter, and influences his actions. The Receiver being in a passive condition, and his brain sending practically no impulses over his nerves, he is in a receptive condition to the imparted nervous current, which acts upon him something like an impulse from his own brain, only weaker. That is

the whole secret of Contact Mind Reading. It is "Nerve Reading" if you like, but certainly *not* Muscle Reading.

The tips of the fingers of a person of fine sensibilities, and delicate touch, are known by anatomists to be filled with masses of nerve-matter similar to that forming parts of the brain. In fact they are tiny finger-brains, and they will send out, convey, and receive delicate impulses from one mind to another. Those of you who have experienced the peculiar touch of some persons of this kind, can bear witness to the fact that a subtle "magnetism" or current passed from them to you. This is a fact well known to investigators of psychic phenomena, and such people laugh at the crude "muscle reading" theories, for they have disproved them repeatedly in actual careful experiments. And you may do the same, if you will practice the demonstrations given in this book. The fact that the developed Contact Mind Reader usually walks ahead of his Transmitter, instead of being led by him; and that he usually allows the latter's arm to hang limp, instead of muscularly contracted, is another proof of the absurdity of the theory above mentioned. Besides this, wires may be used between the two persons, or even a third person may be placed between them. But, as we have said, after all the best and only real test is to try the experiments yourself and learn that "muscle reading" has nothing to do with the real phenomena.

The experimenter will soon find that when he gets into the work and is engaged in a search for a hidden object, by means of Mind Reading, he will forget all about the Transmitter. He will almost forget where he is, and will feel himself floating and gliding over the floor and scarcely touching it with his toes. He will find himself drawn or impelled irresistibly toward the hidden object, as if by some outside energy or fine force. He will feel the hidden object *drawing him like a magnet*, and attracting him to the spot. He will forget his audience, and everything else, in his desire to reach the Centre of Attraction. These experiences cannot well be explained in print, but the investigator will soon learn to know them for himself, and he will be amazed and filled with wonder at the strange psychical phenomena in which he is taking a principal part.

And, then, and then only will he be able to intelligently reject the absurd and unjust theories of "muscle reading," and to see the crudeness of the attempted explanation. He will see that the foolish theory is as far out of the way as the ignorant person's idea that the telegraph messages are sent by the wires being "pulled" or "jerked," instead of being but channels for the passage of the electric fluid, or magnetic waves.

Many of our readers have witnessed the public performances of the several well-known Contact Mind Readers who have visited the leading cities of this country and other lands. Of course, the average public performer soon discovers that the average patron of his performance attends principally to be amused, and enter-

tained, rather than to be instructed. And he is apt to gradually add sensational features to the performance, for the purpose of thrilling and mystifying the audience, knowing that by so doing he will better please his patrons that if he were to give them a strictly scientific demonstration of the science of Contact Mind Reading as produced in the psychological laboratories of the great investigators of the subject. Some of these public performers have even gone so far as to add "fake" features to their performance, employing confederates, and in other ways introducing unscientific methods in order to intensify the interest and satisfaction of their audiences.

But notwithstanding this fact, the average public Mind Reader, in spite of his sensational additions, generally gives his audience enough of "the real thing" to render his performance of sufficient scientific interest to make it worthy of attendance by the earnest student of the subject. And we believe that the time is approaching when a strictly scientific performance will prove of sufficient interest to the public to render it worth while for a new class of entertainers and lecturers to arise and take the field, instructing the public regarding their great subject and illustrating their theories by striking experiments along scientific lines. And we think that this little book will do its part in the direction of educating the public mind to appreciate such an entertainment, as well as serving to educate future entertainers for their life work.

However, here we shall treat the subject as if a parlor demonstration was all that is desired, and our instructions and directions shall be chiefly toward that end, although we wish to say that any man or woman who will carefully study these instructions and directions, and who will carefully practice the feats and exercises, will be able to gradually develop sufficient ability and skill to give a successful public performance, and perhaps reap a goodly share of fame and financial reward. The principles of the parlor demonstration, and the public performance are the same. These same instructions and directions have been studied and applied by some of the best performers now before the public, illustrating the wonders of Contact Mind Reading. So that if any of the students of this work have ambitions in the direction of public performance, they will find herein the methods calculated to develop them into a successful public entertainer and demonstrator.

Anyone may develop himself, or herself, into a good Contact Mind Reader by practice, and perseverance. As in everything else in life, some will succeed better than others; and some will find the work easier than do others, but all may develop quite a respectable degree of proficiency in a short time. A little careful, conscientious practice and experiment will accomplish wonders.

Mind Reading feats depend upon the degree of Will and Concentration on the part of the Transmitter, and upon the degree of Receptivity and Passivity upon the part of the Receiver. We are

taking it for granted that the student will wish to act as a Receiver (or Performer of the feat of Mind Reading) rather than as the Transmitter (or person called upon to have his mind read). And so we shall address him as such, with this understanding. But we shall also give herein full directions for the transmitter, as well, in order to give the student the methods necessary to act in either capacity, and to also enable him to instruct the Transmitter in his work. The Receiver should understand the duties of the Transmitter, in order that the best possible results be obtained, and the proper harmony and *rapport* conditions may be established.

DEVELOPMENT EXERCISES

The student should practice privately with the assistance of a few friends, before he ventures before a parlor audience, for by so doing he overcomes the first lack of confidence in himself, and the awkwardness natural to the beginner along any new line of work. By careful and repeated practice he gains confidence in himself by reason of his growing success in his experiments, and besides wears off the "rough edges" of his actions, etc., so that when he finally appears before an audience he will feel perfectly self-possessed and at ease, and thus be able to devote his entire attention to his work, without annoying self-consciousness and awkwardness.

Begin the Development Exercises by selecting one or more friends who are in sympathy with you, and who are interested in the subject. Do not have any unsympathetic or uncongenial persons around when you are practicing, for such people tend to distract your attention from your work, and really exert a detrimental effect upon the preliminary work. Select one of your friends as the Transmitter and take the part of the Receiver yourself.

In beginning a public demonstration, it will be well for you to give a short preliminary talk to the audience, somewhat along the following lines:

OPENING TALK

"Ladies and Gentlemen, with your assistance I shall endeavor to give you a demonstration of practical Mind Reading, beginning with some simple feats, and then proceeding gradually to more complicated demonstrations. In these demonstrations, I must have your co-operation, for the success of the experiments depends as much upon you as upon myself. In the first place, I must ask that you refrain from conversation, laughter, etc., while I am demonstrating, for these things distract the mind of the Transmitter and prevent him from concentrating his Mind and Will upon mine; and also prevent me from maintaining that Passive Mental State which is essential to the success of the experiments. I trust that you will help me in this way. I also ask that during the experiments, you will all concentrate your Mind and Will upon me, and help me in the work. In order to obtain the best results all Mind

Readers prefer that their audiences concentrate their Wills upon the work, with the purpose of mentally willing that the demonstrator be successful. In fact the success of the experiments depend very materially upon the *Willing* exerted by the audience. If you Will in my favor, I shall be thankful; if you Will that I shall fail, I shall feel the effect. Therefore, kindly give me your aid. I ask you to blindfold me and take such other means to prevent unfair methods and practices, as your judgment may dictate. I am now ready to proceed with the tests."

CHOOSING THE TRANSMITTER

Then have the audience select a committee to blindfold you and remain outside of the room with you, while the remainder of the audience select the object that you are to find, etc. When you return to the room, select someone to act as Transmitter. If possible get someone with whom you have previously practiced, and establish rapport conditions. This will aid you very materially, of course. If this is not possible, select someone of the audience that is in harmony with you, and who will have a strong enough will to give you the vibrations. Sometimes women are very good at this work, as they get very much in earnest when interested, and therefore Will intently. If your first Transmitter is not satisfactory, test another, and so on until you get a good one. You may change Transmitters during the evening, if you prefer; in fact this is a good plan, if you are an adept, for it shows the audience that there is no collusion.

INSTRUCTING THE TRANSMITTER

You should instruct the Transmitter, along the lines indicated in a previous chapter, i.e., that he must hold the thought of *direction*, fix his eyes on the chosen spot and then *concentrate his will* upon it, and that your success will depend materially upon *his ability to concentrate his Mind and Will upon the task.* You should explain to him that you receive your impulses through his thought-waves or vibrations, and that the stronger these are, the better you will succeed. Make this plain to him. When the Transmitter fails to concentrate his Will, you will know it at once, and should call his attention to it, saying "Concentrate, concentrate now—*harder*—use your *Will*," or words to that effect. You should impress upon the Transmitter that it is the *strength of his Will* that produces the mental vibrations that give you the impressions.

BEGINNING THE TEST

Then, take the hand of the Transmitter, in the manner already described in previous lesson, placing it to your forehead, or else holding it up high in front of you. Then begin a wavering motion, or direction, preferably describing a circle, slowly. In this meaningless wavering motion remain perfectly passive awaiting impres-

sions. Soon you will begin to feel a mental resistance to certain directions, and a mental willingness that you move in another direction. Then move along the line of the least mental resistance. In some cases you will receive a strong *mental urge, pull,* or *push,* in the direction of the selected spot. Here is where your practice comes in, for in your practice experiments you have acquired the art of recognizing these impressions as they come to you, in their different forms, and so are prepared to yield to them and move accordingly. It is impossible to describe in writing just how these impressions come, and feel like, for actual experience is necessary before you will know just what is meant. But once you have accustomed yourself to receive and recognize the impressions, the rest is all a matter of practice and development.

And now for the demonstrations themselves. You should begin with the simplest feats, and then work up gradually to the more complicated and difficult ones. This plan will build up your own powers, and will develop the Transmitter's. We herewith give a number of interesting feats and demonstrations, explaining the details of each. Of course, the general directions we have given regarding the receiving of impressions, etc., will apply to all of these feats, for the principle underlying them all is the same, precisely.

FINDING A LOCATION

DEMONSTRATION I. Begin by having the audience select a part in the room, which may be easily reached by you. Then proceed as directed, until you feel that you have reached the right place or location.

FINDING A PERSON

DEMONSTRATION II. Have the audience select a person, one of their number. Find the general location of the person. Then standing still, reach out your right hand, and begin "feeling about." You will find that as your hand moves away from the right person you will feel a *drawing back* impression, whereas when you reach toward the person you will receive an *urging forward* impression. A little practice will soon enable you to distinguish these mental impressions. Then place your hand on the person who seems to be the centre of the impressions. If this is the wrong person, you will receive a mental impression of "*Wrong*"; in which case you must start up the moving your hand to and fro, and around, until you feel the urge impression, when you should place your hand on the person immediately in front of you. When you reach the right person, you will receive an unmistakable impression and mental message of "All Right," followed by a lessening of the Will tension, d you will know that you have succeeded. You should practice s in private before attempting public demonstration.

FINDING A SMALL OBJECT

DEMONSTRATION III. Have the audience select some small object in plain sight in the room. Then find it in the manner described of above in the case of the selected person. The rule is identically the same. But there are some other details to be observed, in the matter of "up or down," for the object may be higher than your shoulder or lower, in which case you will have to either reach up or down. In this reaching up or down, follow the same general rule as given. When you reach the right location, you will feel an impression of "not yet finished" from the mind of the Transmitter. Then reach up slowly. If this is right you will receive a corresponding impression, and may go on to centre the object. But if it is not right, you will receive a mental urge *downward,* which you should follow. The rule always is to *follow the line of the least mental resistance.* You will always receive the resistance when you are not succeeding, and will always receive the lack of resistance when you are succeeding. Learn to focus these impressions until they centre positively and constantly on the same spot—*then you have succeeded,* for there will be your object right under your hand.

FINDING A BOOK

DEMONSTRATION IV. Have the audience select a book on the shelves of a book case, and then find it in the manner just related. The two feats are precisely the same, although the latter will appear more startling to the observer.

THE FLORAL TRIBUTE

DEMONSTRATION V. This test is known as "The Floral Tribute." It is performed by having a bouquet of flowers on the table. Then select some young man in the audience, and let him pick out some young woman in the audience whom he wishes to have the flowers. You must retire from the room, of course, while he selects the young lady and mentions her name and position to the audience. Then returning to the room, pick up the bouquet, and taking the hand of your Transmitter, find the young lady and present her with the flowers. Of course this feat is merely a fancy rendition of the simple feat of finding the person thought of, and is performed in the same way. (Study the directions for Demonstration II, and apply in the present case, with appropriate variations.)

THE REUNITED COUPLE

DEMONSTRATION VI. This test is known as "The Reunited Couple." It is performed by having the audience select two persons, a young man and a young woman, and stand them up i[illegible] front of the room, like a couple about to be married. Then th[illegible]

ould have a third person, a man, selected and stood before them s the parson who will tie the knot. The three persons should then ake their seats, and when you enter the room, and take the hand f your Transmitter, you must first find "the Parson"; then "the room;" and then "the Bride," and arrange them in their proper ositions. This is a highly effective test, and invariably brings arty applause, and the hunt affords much merriment to the audi-ce. But, as you will see readily, it is but a variation of Demon-tration II.

THE HIDDEN JEWELRY

DEMONSTRATION VII. Have the audience select some small icle, like a scarf-pin, ring, etc., and hide it on the person of some ne in the audience. Then you are to find it. This demonstration mbines the features of Demonstration II, and Demonstration III, at is you have first to find the person, as described in Demonstra-on II, and then the object which is practically a variation of emonstration III, Study the details of Demonstration III, and actice the present demonstration in private before trying it in blic.

THE DISCOVERED COURSE

DEMONSTRATION VIII. Have a member of the audience alk around the room, following a prescribed course selected by audience. Have your Transmitter memorize the course ac-rately, and then you must walk over the same course when you urn to the room. This is effective, but is merely a variation of "Finding the Corner" demonstration.

REPLACING THE PIN

DEMONSTRATION IX. This is called "Replacing the Pin," d is very effective when properly performed. Have a member of e audience take a pin and insert it in the wall in a spot plainly ible to the audience, not too high up, however— about on the el of your shoulder is best. Then have him withdraw the pin hide it somewhere in the room. Then when you return to the m, and take the Transmitter's hand, you should first find the (in the manner heretofore described) and then find the place re it had been stuck; then circling your hand around in nar-ng circles until you feel the proper impression push the pin in the spot in which it formerly was driven. This final effort y merely a modification of "finding the spot," and with a actice may be easily performed.

THE THEFT DETECTED

STRATION X. This feat is called "The Theft." Have udience play "the thief," and steal an article of jewelry, mall object from a second person called "the victim."

Then the thief should hide his spoil in a safe place about the Returning you first find the thief; then the hidden article; then person, according to the methods already given. This is a v effective feat, but is merely a combination of "Finding the Perso and "Finding the Object."

THE RECONSTRUCTED TABLEAU

DEMONSTRATION XI. This feat is known as the "Rec structed Tableau." It is performed by having several of the au ence form a simple tableau group, and then retire to their sea Returning to the room you are to find each person; lead him her to the former spot; then reconstruct the group. This is so what difficult, but not nearly so much so as you might suppose. little private practice will enable you to perform it with ease

THE MURDER AND THE DETECTIVE

DEMONSTRATION XII. This test is known as the "Murd and the Detective," and is very spectacular and sensational, a is accordingly one that is in great favor with the public perfor ers. It is performed as follows: The audience selects one man act as the "murderer"; another to act as "the victim"; and some object to act as the dagger; and lastly a place in which body is to be concealed. Then the "murderer" picks up the "da ger" and "kills" his "victim," afterward concealing the body some part of the room (usually sitting in a chair) and the "dagg in another place. Then when you return to the room you first f the "body"; then the "wound"; then the "dagger," and then "murderer." This is usually announced as a wonderful piece "telepathic detective work," and is extremely effective, and n be reserved as the "principal effect" of your series of demonst tions.

You will notice that the feat is merely an elaborate combinati of the simpler feats of "Finding the Person," "Finding the Objec etc.

THE RETURNED HATS

DEMONSTRATION XIII. Have the hats of a number of in the audience placed on a table or other place, and then ret ing to the room, blindfolded of course, you pick up the hats by one, and place them upon the heads of their proper ov who are seated in different parts of the room. This is a feat although very effective. It is, of course, merely a vari the feat of "finding the person." There is one point, howe must be remembered in this feat, and that is that the Tr should know just whose hat is held in your hand—i owner of that particular hat is and where he is sitting Otherwise he cannot send you the mental impulses wh able you to find the owner. It will be well for the Tr

hold the hat so that it can be seen by the audience, requesting the owner to rise in his seat so as to indicate his whereabouts—your back being turned to the audience while this is being done in order to avoid suspicion of your "peeping," etc.

THE LADY AND THE RING

DEMONSTRATION XIV. This feat is performed by having a lady in the audience loan the Transmitter her ring. When you return to the room, you find the lady and replace the ring upon the finger from which she took it. The Transmitter must remember the lady, and the particular finger, of course—the rest is simply a combination of the "finding the person" and "finding the spot" feats. It is very effective, is neatly performed.

GENERAL ADVICE

I. We have given you a great variety of Demonstrations or Feats, but you must not attempt to produce all of them at an evening's entertainment. It will take some time to perform a few of them effectively, and impressively, and you should avoid any attempt to hurry through the feats. Nor should you spoil your good impression by cheapening the demonstrations in the direction of performing too many at one sitting.

II. Neither should you tire or fatigue yourself by too many feats. When your mind or body are tired, you do yourself an injury to perform these demonstrations, and besides, you cannot obtain the best results while fatigued. You should rest a little while after each feat, before attempting another one.

III. When the entertainment, or exercises are over, you should take a few strong deep breaths, swing your arm around a little to promote the circulation, and relieve the nervous tension. You may feel a little "dazed" at first after performing a few feats, but will soon learn to throw off the passive condition, and engage in the laughing conversation that will follow the entertainment. Do not take yourself too seriously and remember that laughter and a little boyish or girlish spirits is a wonderful tonic.

IV. Do not become impatient if you do not progress as rapidly as you would desire. You are practically developing a sixth sense, and are like a baby learning to walk—it takes time, but practice will surely bring you success. Take things calmly. The feats that will be possible for you to perform, even from the start will be wonderful enough, without any necessity for your complaining about your slowness in learning to perform the more complicated ones.

ABOUT TRANSMITTERS

I. If your Transmitter does not do his work properly, and you feel that he is not Concentrating properly, or using his Will effectively, do not hesitate to change him. You need not offend him,

for you may simply say the rapport conditions are not fully developed between you, and that these things sometimes happen, etc. Your new Transmitter will feel anxious to do better than his predecessor, and will be most likely to Concentrate and Will to the best of his ability.

II. The Transmitter should be in earnest, and no levity or trifling should be permitted. If you have the selection, pick out some earnest person, and avoid the trifling, feather-brained class.

III. If your Transmitter does not seem to be Concentrating properly, you should speak to him firmly, but kindly, about it. Say to him: "Please *concentrate* your *Mind*, and *Will* earnestly—fix your mind on the right *Spot*—make a determined Mental Effort that I move in the right direction—it is your Mind and Will that gives me the impression, remember—it all depends upon you," etc. This will often have the effect of bracing him up to renewed mental activity, and you will notice the improvement at once.

A Word of Warning

Beginning your entertainment, caution the audience about placing the hidden objects in places that you cannot conveniently touch—such as high up on the wall; under the strings of a piano, etc. Tell them that you can *find* the article anywhere, but it must be placed so that you can get at it with only ordinary care and work. Some "Smart Alicks" may try to play pranks on you in this way, but discourage same vigorously at the start, informing the audience that this is a scientific test and not a circus. And, remember this, tell them that the article must never be hidden about the Transmitter, for the reason that he is seldom able to think as intensely about his own location as about some place away from him. These are the only restrictions that you need make. Caution the Transmitter to guide you away from obstacles over which you might stumble, or which you might overturn. Tell him that you place yourself in his hands for protection, and then endeavor to think no more about the matter, for such thought tends to distract your passivity.

The above feats or demonstrations are all performed along the same general lines as indicated a little further back, and all are capable of being accomplished by anyone of ordinary intelligence, with a little study, care and practice. Practice makes perfect, in Mind Reading as in everything else, remember, so keep at it until you have worn off the rough edges, and have polished up the details of the work. You may vary, improve, add to, the above feats, and may also insert many new ones for yourself as you proceed with your work. Use your inventive faculties.

The Wire Contact

A sensational and effective method of performing some of the simpler feats is performed by some public performers, and consists

in having a piece of thick wire, about one foot in length grasped by the Receiver's left hand, and by the Transmitter's right hand, instead of the ordinary contact. A little practice will surprise you in the facility in which the impressions are transferred over the wire from the Transmitter to the Receiver. The methods of operation in this case are identical with those employed in the ordinary methods. A wooden "ruler" may be substituted for the wire. Some performers succeed even with a long walking-cane.

THIRD PERSON INTERPOSED

Another variation is that in which a third person is interposed between the Transmitter and Receiver. Practice along these lines will enable the skilled Mind Reader to receive the impressions as usual, notwithstanding the interposition of the third person. Do not attempt to try these variations until you have thoroughly mastered the ordinary methods.

(The student is here advised to turn to the conclusion of Lesson VI, of this book, and acquaint himself with the "Simpler Method" there described. It may help him in this phase of his work.)

We shall now pass on to the consideration of some of the more complicated or difficult feats of Contact Mind Reading.

DIFFICULT DEMONSTRATIONS

We shall now direct your attention to a class of demonstrations of a rather more complicated order than those related in the last chapter. But even these difficult feats may be rendered comparatively easy of accomplishment by careful practice, and development of receptivity.

PRELIMINARIES

In these experiments or demonstrations the Transmitter stands by your left side, you grasping the fingers of his right hand in your left hand, and holding as in the case of the former experiments, i.e., either with his hand pressed against your head, or else held out and up, as before described. You receive the impressions in the same way. The following demonstrations may be performed after a little private practice, so as to be shown at a public performance almost as easily as the simpler feats heretofore described.

DISCOVERING THE CARD

DEMONSTRATION I. Spread a number of cards on the table. Then retiring from the room, have the audience select one card of the number, which the Transmitter must be sure to remember distinctly—that is the Transmitter should remember just *where* the card is, the *position* being the important feature, rather than the name of the card. Then taking the Transmitter's hand as above described, you should move your right hand to-and-fro over the table, moving it backward and forward, and in circles. You will

soon find that this feat closely resembles the one of the last chapter in which you find small objects; the pin hole, etc. You will soon find that the impressions *tend to centre* over a certain spot on the table. Begin to lessen your circles and hand movements until you gradually centre over this spot. Then slowly lower your fingers until you touch the card resting on the said spot, when you will be sure that you are right, when you must pick up the card and exhibit it to the audience. The same indications mentioned in the feats of the last chapter will be felt by you. You will feel the "No, no!" impression when you are wrong, and the "That's right" impression when you are moving in the right direction, until at last you will distinctly feel the relaxation of the mental urge, which you will have learned to translate into "Right you are!" when you finally touch the right card. This feat is really no more difficult than the one in which the small object is found, and we have included it in the list of "Difficult Demonstrations" simply because it is practically a "connecting link" between the two classes of demonstration, as you will see as we proceed.

THE CHECKER MOVE

DEMONSTRATION II. This is akin to the last experiment. Have a checker board arranged by some of the audience who understands the game. Then let some one decide on the next move. Be sure that the Transmitter thoroughly understands the piece to be moved, as well as the place to where it is to be moved. Then, proceeding as above indicated, first find the piece to be moved, and then move it to the proper place. This feat consists of two parts, you will notice. The finding of the piece is like the finding of the card. Then with the piece grasped between your thumb and forefinger, make a small circular and backward and forward movement, until you feel the mental impression of "There!" when you will place your piece directly on the spot. This may seem difficult, and appears so to the audience, but you will find by a little private practice that it is really as easily performed as some of the simpler tests.

THE GAME OF CARDS

DEMONSTRATION III. Similar to the above is the feat known as the "Game of Cards." Two players sit opposite each other at a table, having dealt themselves two hands of euchre. Have the Transmitter lead you behind first player, and standing there have the player silently point out the card he wishes to lead, to the Transmitter. The Transmitter then should concentrate his mind on the card, and you will find it in the usual manner, and having found it will play it on the table. Then leading you around to the other player, the Transmitter repeats the process, and you find and play the card. Then back to the first play, and repeat. Then alternate between the players, in the same manner, until you have

played out the game. This may be improved upon by the Transmitter thinking of which player has won the trick, when you will push the cards over to the winner, having discovered the direction in the usual manner. This feat is very effective indeed when properly performed.

THE MAPPED-OUT TRIP

DEMONSTRATION IV. Have a map laid open on the table, and have the audience decide upon a trip between two points, either by rail or by water. Then returning to the room, stand as above described, and with your forefinger find the place from which the trip starts. Then move slowly along the selected course in the same manner in which the checker-game was played, passing along the chosen route until the end is reached. These feats are all really variations of the one principle.

THE PACK OF CARDS

DEMONSTRATION V. This is a very effective feat, and requires some little skill and practice, but there is no reason why any careful, patient, and persistent student should not be able to master it. It consists in the audience selecting any given card from the pack, and then replacing it with the others, being sure that the Transmitter is familiar with the card chosen, and knows enough about cards to recognize it when he sees it again. Then the pack of cards should be placed on the table, face up. Returning to the room, you take the Transmitter's hand as usual, and with your right hand pick off the cards from the pack, slowly and one by one. As you pick up each card, slowly *weigh* it in your hand, so to speak, and then place it aside if you receive no "stop" orders from the mind of the Transmitter. Having previously practiced this feat in private you will have learned that peculiar "heavier" sensation that comes to you when you lift the right card from the pack, so that when you finally reach it you will know. We cannot describe just what this sensation will feel like—you must learn it by actually experiencing it in private practice. We advise you to diligently practice this feat in private for it is wonderfully effective. You will find that after a bit of practice you will be able to get the "heavy" feeling when you lift up and "weigh" the right card. You should perform this feat slowly, and carefully, shaking your head, "No" just before you discard a card. If by the lack of concentration of the Transmitter, you fail to feel the "heavy" feeling when you pick up the right card, the shake of the head will be apt to arouse him to exert his Will more actively, and you will receive the "hold on" impulse immediately. Do not be in too much of a hurry to discard, but make several feints at it before finally letting go. This feat may be improved by having the audience select a "poker-hand," such as a "flush," a "straight," "three-of-a-kind;" a "full-house," etc., etc., and having you find the hand one card at a

time. This latter is a fine effect, and always brings down the house. But be sure that your Transmitter really knows and remembers the cards, else the feat will fail, of course. He must remember each card, and recognize it when it appears face up on the pack before you, as you proceed with the discarding. Never attempt this feat in public without previous careful, private practice, for it requires the most delicate perception and skill. If you find that you cannot master it to your satisfaction, after sufficient practice, you may try it by the "Simpler Method" given at the conclusion of this Lesson.

THE CHOSEN WORD IN THE BOOK

DEMONSTRATION VI. Like the last feat, this is a complex and difficult one, but one that always arouses enthusiasm in an audience when well performed. It will repay you for the private practice that you will have to employ upon it, before you produce it in public. The feat consists of the audience selecting a book from a pile, or a book-shelf, or book-case, etc.—then a given page is chosen—then a line of printed matter on that page—and then a *word* in that line. It is well to have the Transmitter draw a pencil circle around the chosen word, so that he may be sure to remember it later. The book is then replaced on the shelf. Then returning to the room, you first find the book, by the methods already given in previous feats; then laying it flat on the table you should begin to slowly and deliberately pick each leaf up separately. This part of the feat is almost identical with the last one, in which you picked up the cards from the pack. When you get the proper impression, you should announce that you have found the leaf. If satisfied that you are right, ascertain upon which side of the leaf the chosen page is. This can be done by pressing the leaf to the right or left, in succession, until you get the right impression as to which way to press it down. Then having thus found the page, pass your finger slowly down and back over the page several times, until you get the impression of a *centre*. This centre will be the chosen line. Then by passing the finger slowly along the line, you will discover the Word when you reach it. This is a "ticklish" feat, but it may be mastered by practice—in fact some people have found it almost as simple as some of the easier feats, while others require careful practice with it. Do not be discouraged if you do not succeed at first trial, even in public, but try again, and after a bit you will seem to "get the knack" all at once, and thereafter will have but little trouble in making the demonstration. If you find that you do not meet with the desired degree of success in this feat, try it by the "Simpler Method" given at the last of this part of the book. But do not give it up without the proper practice. If you have carefully performed the previous feats, you should have so developed yourself by this time that you should have no special difficulty in this feat.

BLACKBOARD DEMONSTRATIONS

The following feats may be performed either upon a large blackboard hanging from the wall, or upon a large sheet of card-board, or stiff paper, spread upon the table. If the blackboard is used, you should stand before it, the Transmitter standing in the usual position. If the table is used, you should stand before it, the Transmitter in his usual place.

DRAWING THE CHOSEN FIGURE

DEMONSTRATION VII. Have the audience select a number, and think intently of it. Impress upon the Transmitter that he is to think of the *Shape* of the figure instead of merely remembering its nave. For instance if the figure "8" is thought of, the Transmitter should think of the *Shape* of the figure, and not the word "eight." Then begin to circle your hand around over the blackboard just as you did when finding the place of the "beginning of the trip" of the demonstration mentioned a few minutes ago. Then bring your pencil or chalk to a starting point, which you will soon perceive. Then hold your fingers pressing lightly forward, and impart to your hand a trembling vibratory motion as if in hesitation regarding the next movement, saying at the same time to your Transmitter: "*Will Hard* now—*Will* the *Direction* to me," and you will soon begin to get an impression of "Right," or "Left," or "Down," as the case may be, which you should follow slowly. Be slow about it, for if the impression is not right you will soon be checked up. Fence around a little until you begin to get the impression clearly. You will find that the principal trouble is at the start, for once you are started on the right track, your Transmitter's Will will be freely employed, and he will pour the impression into you. Let him feel that it is *his Will that* is really doing the work, and he will exert it freely. Once started, these drawing feats are easily performed, the trouble being with the start. You should practice this feat frequently in private before attempting it in a public demonstration. It is very effective.

THE LADY'S AGE

DEMONSTRATION VIII. This is a variation of the above feat. A lady in the audience is asked to whisper her age in the ear of the Transmitter, and you are to draw it on the board or paper. The feat is performed precisely in the manner described above, the Transmitter being cautioned to think of but *one figure at a time during the drawing.*

THE BANK NOTE TEST

DEMONSTRATION IX. Akin to the last two feats, is the reading of the number of a bank-note held in the hand of the Transmitter. It is performed in precisely the same manner as the preceding feat. Be sure to have the Transmitter understand that he is to think of but one figure at a time, until it is drawn, and then the next, and so on.

THE WATCH NUMBER TEST

DEMONSTRATION X. The feat of reading and drawing the number of a person's watch is a variation of the last mentioned demonstration, and is performed in precisely the same way.

THE GEOMETRICAL FIGURE TEST

DEMONSTRATION XI. Have the audience select some simple geometrical figure, such as a square, triangle, circle, right angle, etc., and proceed to draw it in the same way as the figures in the demonstrations just described. Have the Transmitter hold the figure in his mind and *mentally draw it* as you proceed. A little private practice will enable you to draw these figures easily, and in fact, they are really simpler than numbers, although more startlingly effective at times.

DRAWING PICTURES

DEMONSTRATION XII. The same principle described in the above mentioned test may be extended to apply to the drawing of simple pictures, such as the outline figure of a pig, etc. The copy is placed on the table or blackboard, so that the Transmitter may easily refer to it, and then you proceed as in the feats above mentioned. Practice this until you "get it down fine."

THE HIDDEN NAME

DEMONSTRATION XIII. The same principle may be extended to the writing down of the name of a person, town, etc., previously chosen by the audience. Drawn in large letters, so that the eye of the Transmitter may easily follow you at each step.

THE UNDERLYING RULE

In all of the "Drawing Demonstrations," you should remember the primary principle, i.e., Follow the line of the least Mental Resistance, and the Will of the Transmitter will invariably lead you to the right direction.

THE "SIMPLER METHOD"

A simpler method of performing the feats and demonstrations which we have styled "The More Difficult Feats," is that of having the Transmitter stand by your right side, turning toward you and placing his right hand over yours, *the tips of his fingers* resting on your fingers *between your large knuckles and first joints,* (instead of standing on your left side with his fingers grasped in your left hand, as heretofore mentioned). This method is not nearly so good so far as appearances go, for some critical members of the audience might object that he was in confederacy with you and really helping you to draw—but it is highly effective so far as simplifying the feat is concerned. His finger-tips with their

nervous matter aroused into activity seem to fairly charge your fingers with "nervous energy," or "magnetism," and your hand acts almost automatically. The motion of the Receiver's hand and fingers, under this method becomes almost like the motion of a "Planchette," and often writes and draws the numbers, figures, letters, etc., so easily and smoothly, that they seem to be fairly "running away" from the mind of the performer. You should at least familiarize yourself with this method, so as to be able to use it in emergencies, or in the case of a poor Transmitter, or else in the case of the more delicate and complex tests. If you neglect this method, you will have failed to acquaint yourself with one of the most startling features of Contact Mind Reading, which so far touches the higher phenomena that it is closely akin to what is known as "Automatic Writing." In fact, if you are disposed, and are naturally receptive and sensitive to impressions, you may even write a letter through the *Will* of a good Transmitter, by this method. By all means make yourself acquainted with its possibilities, and phenomena.

We now pass on to a consideration of the more Sensational Feats.

SENSATIONAL FEATS

In addition to the feats given in this work, which, together with their countless variations, form the stock in trade of the majority of the professional Mind Readers, there are a number of other feats essayed by the public performers which we have seen fit to group under the general title "Sensational Feats." These feats are described here in order that the student may understand the nature of them, and the manner of their performance. But we consider such feats suitable only for the sensational advertisements of the professional performers, and always dependent upon more or less spectacular accessories, and attended by even dangerous features in the case of the driving feat. And therefore we do not offer them for reproduction by the private student, or the parlor demonstrator. The principal Sensational Feats performed by the professionals, are as follows:

THE DRIVING FEAT

This is performed by the performer, blindfolded as usual, driving a team along the public streets to some selected point, which point is usually a hotel previously selected by a public committee. Upon reaching the hotel the performer goes to the hotel register, turns the pages and finds a name previously selected. The performer receives his impressions from members of the committee who are seated beside him on the carriage seat, with their arms on his shoulders, or having hold of his hands, or even connected with him by wire. The feat is really a spectacular reproduction of the familiar feats described in previous chapters, and the principles

governing it are precisely the same. The Transmitters impress the direction upon him, and he follows the line of the Least Mental Resistance.

THE COMBINATION LOCK FEAT

This feat is employed either separately, or in connection with the Driving Feat. It consists in the performer opening the combination safe of a hotel or some business establishment. In this case the Transmitter must know the combination perfectly, and his mental impressions acting upon the performer give him the cue to turn "right" or "left" or "repeat," as the case may be. Of course one must have cultivated a great degree of sensitiveness to mental impressions before he will be able to receive and respond to the direction impressions in this case. And yet almost any person by following the directions given in this work, and carefully and repeatedly practicing the various feats and demonstrations given herein, may be able to reproduce this feat of the professional performer, who is in constant daily practice, and who is able to devote his entire time to the work, as his "bread and butter" is concerned therein. Once the sensitiveness is gained, the details of the work are nothing more than those employed in any of the "finding" or "drawing" feats herein described and explained.

THE OFFICE DETECTIVE FEAT

In this feat the public committee picks out an object on the desk, or about the office of some one of its members, the office being located some distance from the place of meeting. The performer then rushes along the public streets, dragging the Transmitter with him, until the office is reached, then up stairs, and into the room selected, and up to the desk, or other place, and lo! the object is found. Divesting this feat of all its sensational features, the student will see that it is merely a variation of the ordinary "finding" feat performed in the parlor. It creates a great sensation, but there is nothing more wonderful about it than about the simplest "finding" feat.

THE POSTOFFICE FEAT

Another feat favored by some of the professional performers is that of having a letter placed in a post-office lock-box, the key of which is given the performer at a point some distance from the post office. Rushing through the public streets, dragging the Transmitter with him, the performer finds the post-office in the usual way, and then locates the lock-box, into which he inserts the key and extracts the letter, thus triumphantly completing the feat. This feat, as every student will see, is merely a variation of the simpler feats manifested in a sensational manner for the purpose of public advertisement.

THE FIRE-ALARM FEAT

This feat is another "free advertisement" demonstration, in which the performer, with the permission of the city officials, discovers the location of a certain fire-alarm box, and turns on the alarm with the key which had been previously loaned him. Some public officials allow this test to be performed, using it as a test alarm for the department as well, and the sight and sound of the clanging fire-engines, the smoke, and confusion following upon the sensational Mind Reading demonstration is calculated to cause great excitement and interest in the town, which usually results in packed houses at the night entertainment. But the test is really nothing but a variation of the simple "finding the spot" demonstration, with sensational accompaniments. Many other tests of unusual interest can be worked out by the average person who attempts these feats.

Mind Training

WITH the proper mental training there is no limit to man's possibilities. During the time devoted to mental growth you should be careful not to harbor any negative or pessimistic thoughts. It is necessary then to analyze the thoughts coming into the mind and exterminate those of a negative or pessimistic nature.

In order to accomplish this, as soon as you realize that you are harboring thoughts which are detrimental to your well-being, BREATHE THROUGH THE NOSTRILS AND WHILE HOLDING THE BREATH MAKE THE POSITIVE MENTAL AFFIRMATION "GET OUT," and instantly the thought will leave the mind. Again and again, like an unwelcome stranger these detrimental thoughts will return to you, but by continual use of the above method of extermination, you will in time succeed in attaining a thorough mental house cleaning.

Subjective Concentration

In order to control or direct the mind into constructive channels (without which, success in any phase of life cannot be attained) sit erect in a straight back chair, CLOSE YOUR EYES and relax as much as possible. Do not have any tenseness whatever on the body.

Imagine there is in front of you a tiny black speck about the size of a pin point. Imagine this tiny speck growing, slowly very slowly, until it is a huge black ball about three feet in diameter, and by your will and imagination, hold it there for one minute, and then, slowly very slowly, allow the huge ball to recede back to a tiny speck—its original size and position.

The benefits derived from this exercise is when you carefully notice that the size, color and distance of the tiny speck and huge ball are always the same. This exercise develops SUBJECTIVE CONCENTRATION. Do this exercise each morning for three minutes.

Key to Visualization

In order to visualize something you are desirous of bringing into manifestation, relax and be very quiet. Close your eyes and first think of the thing you want to visualize. YOU MUST FIRST BECOME THAT THING IN THOUGHT. You must actually live the idea while thinking of it. Now take a mental note that you do not see it in your imagination.

The mind has a tendency to portray everything you think of as an illustration. Think of a chair or table and instantly a chair or table is portrayed in the mind, but if you think of electricity or

life, nothing can be seen. (Stop reading and try it).

After thinking of the idea in pure thought first, then you will see it and, slowly very slowly, by an effort of your will, project it through space. While projecting your idea through space, take a few deep breaths through the nostrils (not too deep) and you will find that by combining the rythmic breath with the conscious thought, you are able to hold on to the idea longer. It is not necessary to force or hold the breath for more than six seconds.

If the thing you have visualized comes into manifestation it is not because you have created it in the mental atmosphere, but because certain brain cells have been developed and the mind, which is a magnet, draws and attracts to you things, people and conditions which enable you to bring into manifestation the idea you held in the mind.

HOW TO FIND YOURSELF

Devote at least three consecutive nights to this exercise. Upon awaking at anytime during the night or in the morning, analyze the first thought that enters the mind. This will show you *who you are.* If the line of thoughts entering the mind at this time are not in harmony with your ideals of life, you must change them by the following method:

Just as you are on the point of dropping off to sleep, PICTURE CLEARLY IN THE MIND what you want to be and realize it. Upon awaking in the morning or at anytime during the night, you must have in mind the same line of thoughts you had upon going to sleep—THE THOUGHTS OF YOUR IDEALS.

This exercise must be carried through without any break in consciousness. The idea must come into the mind no matter when you wake, either during the night or in the morning, you must have the same thought.

To accomplish this sit quietly for at least five minutes and make your resolutions. Picture them clearly in the mind. Visualize and REALIZE them. This exercise must be done daily.

SELF SUGGESTION

Sit quietly in a semi-dark room, place a piece of white paper or a white handkerchief upon your knees, adjust it so there will be no strain whatever upon the eyes. Soon a state of mental calmness will be attained. When this state is reached, REALIZE deeply within yourself what you want to be. The idea will then be imbedded in the sub-conscious mind. This is the best method for reaching the sub-conscious mind.

HOW TO REACH THE MINDS OF OTHERS

Sit quiet, relax, and with feeling make this affirmation: I AM THE CENTER OF THE UNIVERSE. (You are the center of your own universe and the most important person in your own life). Realize that you are a Dynamic battery endowed with unlimited

mental powers, and then calmly harness that energy by conscious realization. Your entire individuality must be centered in that idea. You must be a living impersonation of the idea.

Now make a mental picture of the person you are desirous of reaching no matter how great the distance may be. Hold the picture of that person clearly in your mind. Now imagine you are holding a white string in your hand, extending from you to the person you are trying to reach. See that this string is attached to the person. Every time the picture seems to fade from your mind pull the string easy, and as you do this the picture will be brought back to your mind instantly. Then picture in your mind the message you wish to send to the person. See the message in clear, white letters leaving you very slowly. Word for word see the message suspended in space, between you and the person you are sending it to, see it steadily going to them, and just before it reaches them, pull the string. If this is done properly it enables you to reach the minds of others at once. This exercise should be used only for constructive purposes and never for selfish motives or to take advantage of others.

Just as it is possible for you to reach the mind of others, so it is possible for others to reach you. If at any time you feel that you are being influenced by anyone realize that the CHRIST in you is your protector. If you feel that you are being influenced during sleep, you should upon going to bed, and just at the point of dropping off to sleep, make this affirmation: I AM NOW ENVELOPED IN THE DIVINE ESSENSE OF MY CREATOR WHERE ALL IS PEACE. This must be realized deeply.

Self Esteem

You are judged by people according to the value you place upon yourself. In order to develop self esteem use this method. When walking, make these affirmations with every step you take: "I AM MASTER," "I AM POWER," "SELF MASTERY," as the physical step is taken and the affirmation made. The physical reacts upon the mental, bouying you up with every step that is taken. Practice this exercise for a few days and it will soon become automatic, giving you self confidence and Mastery of the body.

How to Get an Answer to Your Problems

No matter what problems you have in life you can get an answer which will lead you in the right way. When you have a problem you are desirous of getting an answer to, mentally chant this word "AUM... Repeat the word over and over again with intense feeling and reverence.

AUM is God's name and by chanting it you are calling upon and tapping the higher Divine part of yourself. After chanting the word mentally be quiet and endeavor to register the impressions you receive. These impressions may come as a hunch, with feeling

or as an intuition. *Knowing*, following the impressions received. It is best to start with the smaller problems at first, and endeavor to solve them correctly. This will then give you the necessary faith in yourself and your ability to solve the larger problems of life.

KEY TO INSPIRATION

Sit quiet, relax, close your eyes. Place your hand in a comfortable position on a nearby table or arm of a chair. Imagine you are holding a tiny green bud in your hand. This bud slowly opens and develops into a beautiful flower (you can imagine it as any kind of flower or color you care to have it.) Now it is in full bloom, a beautiful flower. Make this imaginary flower more beautiful and daily improve upon its beauty in every way.

Do this exercise daily for ten minutes always making an effort to improve upon the beauty of the flower. What you are really doing is developing the finer brain cells, and this in turn enables you to make use of all your latent powers and to put the best into the work you are doing.

KEY TO MAGNETISM

When you are attracted to a person, it is not their physical body, but their magnetism which attracts you. Another's magnetism may have an uplifting, stimulating, repulsive or depressing effect upon you.

To find out the source of an attraction, be it physical or otherwise, quietly relax and endeavor to picture the person before you, and then analyze them from a purely physical angle, not their personality, but all their physical characteristics. Your mind must be calm, quiet and receptive. With your eyes closed, mentally hold the image of the person before you in your imagination. Do not imagine anything concerning them. Simply hold their image in the mind without any disturbing influence. (This is very important.) If this is practiced carefully, all their physical traits will then flow into your mind and awaken similar reactions in your own body. If you feel no physical reaction in your body then the attraction is not physical.

To find out if the attraction is mental, use the same exercise given above, but in this case, turn the mind entirely away from the person's body and physical characteristics and endeavor to analyze them in a mental sense. If the attraction is mental then your own mind will respond with a feeling of upliftment and stimulation.

To find out if the attraction is spiritual, you will turn your mind away from the physical and mental traits of the person and analyze them in a spiritual sense. If the attraction is spiritual the reaction will be a feeling of bliss throughout your entire personality.

If you at any time feel or receive an idea coming from someone (be it physical or otherwise) whose influence you do not desire, simply deny it mentally. This mental denial must be made very emphatically.

How to Develop Perception

Everyone you come in daily contact with, makes an impression of some kind upon you as you come enrapport with them. Also at times when you think of people who are absent, you receive impressions concerning them.

In order to find out the source of these impressions, or the message which the impressions convey to you, it is necessary for you to concentrate the mind upon the feeling aroused in your own body. By concentrating upon that feeling a right perception of the feeling can be attained.

This will also give you the key by which you can analyze the mental makeup of others, and also enables you to know the thoughts and feelings which others may harbor towards you.

How to Develop Magnetism

Sit very quiet, draw a slow deep breath through both nostrils while counting six. Hold the breath while mentally affirming with deep feeling, "I AM DYNAMIC." Exhale slowly, and repeat the exercise. While holding the breath, and with intense feeling, make this affirmation: "I AM NOW TRANSMUTING THIS BREATH INTO A LIVING FORCE OF MAGNETISM AND DIRECTING IT TO EVERYY CELL OF MY BODY." Repeat this exercise a few times, and endeavor to realize it. Hold the breath again, and with deep feeling, make the following affirmation: "I AM POWER." Feel that you are powerful or feel as though energy is radiating from you. Repeat several times daily and endeavor to carry that feeling of power and force with you in solving the problems of daily life.

Transmuting Mental Energy

When you are about to gossip, to lose your temper, become excited or find yourself harboring any thoughts or emotions that you know from experience is detrimental to your well-being, affirm with intense feeling, "I AM DYNAMIC."

Resolve to be master of your mind and daily use exercises in concentration. Be positive in what you believe is right according to the dictates of your own conscience. Also be positive to all evil suggestions, either coming from yourself or others.

Have a mind of your own. Determine to do a thing and do not desist for even the fraction of a second. Feel and say "I AM MASTERING MY MIND NOW," "INSIST UPON SELF MASTERY AT ONCE." Again and again repeat this affirmation, "SELF MASTERY AT ONCE."

The repetition of the above affirmation will start powerful vibrations in your body, will eliminate mental weakness and complexes in your consciousness, and will establish a powerful, constructive force of thought activity which will enable you to go fearlessly through life, burning all your mental fetters, large and small.

Realize SELF MASTERY at once! Think it! Breathe it! Feel it in every cell of your body! "SELF MASTERY AT ONCE"! "AT ONCE"! "AT ONCE SELF MASTERY"! Calmly and quietly realize it. Then fearlessly go out into the world and act it.

The power which you are endeavoring to develop is nearer to you than the flesh of your bones, but it must be consciously evoked, acted upon and lived.

KEY TO REJUVENATION

There is a force in nature which is called Prana energy. This force is permeating all space. It is drawn into the body through the spleen, which is on the left side of the body. The breath acts as a vehicle for the Prana.

As you inbreathe normally through the nostrils, this force is drawn through the spleen. When you exhale normally, with the abdomen drawn in, this Prana force goes to certain centers of the body.

This force makes the circulation of the nerves, just the same as the blood makes the circulation of the body. By an effort of the will, this Prana can be harnessed and used to stimulate and electrify the body, eliminating all feelings of tiredness, thereby keeping the body preserved for an indefinite period. In just one minute you can recharge and stimulate the body.

Exercise 1.—Stand firmly on the floor with both hands at the side. Now clinch both hands tightly, take a deep breath through the nostrils, holding the breath about six seconds. While still holding the breath, tense the entire body, stretching erect. Now let go of all tenseness, including the hands, and relax all over for one minute. Repeat this exercise three times.

Exercise 2.—Again stand firmly on the floor, bring both hands up to the chest, close the hands tight across the chest and tense them as much as possible. Now slowly stretch out both hands horizontally, putting all the pressure on the muscles as they are being stretched out, at the same time taking a deep breath through both nostrils and holding the breath for six seconds.

Exercise 3—Standing on the floor with the right hand extended a few inches from the body, tightly clinch the hand and slowly twist it around in a half circle backward and forward, while keeping all tenseness on the hand. Take a slow deep breath through the nostrils holding same for six seconds, then slowly let go all tenseness, and the energy will be felt in the arms. Stop for a few seconds and realize and absorb this energy by the conscious re-

laxation of the members used. Do the same with the left hand. Repeat daily for five or ten minutes.

Exercise 4—Standing on the floor, hands resting on the back of a chair raise the right foot about two feet from the floor. Now tense the muscles, and while holding the tenseness, take a deep breath, holding the breath for about six seconds. Relax the muscles and exhale slowly. Do this exercise three times with the right foot, then relax and rest for a few minutes. Do the same with the left foot. Repeat daily for five or ten minutes.

How to Strengthen the Eyes

Exercise 1—This exercise may be done either sitting or standing. Close both eyes tight, keeping the tenseness for a few seconds. With the eyes still closed, slowly relax the tenseness. As you relax, take a deep breath, willing that the intaken breath is going to the optic nerves. If this exercise is done properly the energy will be felt in the eyes. It is not the breath that goes to the eyes, it is the energy, and by the tensing and relaxing exercises, the muscles and nerves are stimulated by this energy.

Exercise 2—Another good eye exercise is to light a candle and place it on a table about six or eight feet from you. Look directly into the flame of the candle for about ten to fifteen minutes each day.

By combining the above two exercises great benefits can be derived, whether there is defective vision or not, and unless you have some physical defect you can in time discard your glasses entirely.

How to Take a Facial

This exercise must be practiced every morning for ONE MINUTE ONLY. Kneel down on the floor being careful to place both knees closely together. Now bend forward until the forehead touches the floor and remain in this position for ONE MINUTE ONLY, then look into your mirror. This exercise stimulates the blood vessels in the face, gives light to the eyes and life and vigor to the skin. This exercise should be done once each day, and for ONE MINUTE ONLY.

How to Reduce

After using the tensing exercises, go on an exclusive raw vegetable diet as much as possible, FRUIT JUICES of all kinds, especially oranges, grapes, grapefruit, pineapple and lemon. The juice of one lemon added to the juice of two oranges taken twice daily, or the juice of one lemon and the juice of one grapefruit.

The solid food should consist of whole wheat bread, lettuce with olive oil and lemon juice (no vinegar). Spinach, carrots, parsley, milk cheese and nuts of all kinds. Also a warm bath, with one pound of epsom salts in the water, should be taken daily.

How to Take on Weight

Every morning before or at breakfast time take twelve almonds, the juice of one orange and one teaspoonful of strained honey. Stir well and masticate slowly. If no other food is taken then you can increase the amount by taking twenty-four almonds, the juice of two oranges and two spoonsful of honey. This breakfast will stimulate the cells of the entire body and aid assimilation and also increase the appetite. Your remaining meals may be taken naturally.

CONSCIOUS EVOLUTION

There are four forces which go to build up the personality of man. They may be rightfully called the powers of the soul. To be able to consciously control and direct these forces, gives one the key to conscious growth and development. These forces are as follows: Breathing, Thinking, Feeling and Willing.

Breathing

The breath is one of the connecting links between the soul and the physical world. Man needs air the same as the fish needs water. By observing a simple method of breath regulation, man can consciously raise his consciousness above breath, and have a fuller realization of his latent spiritual powers and his Immortal Self.

Exercise—This can be done anywhere at anytime. Concentrate on the breath when inbreathing and outbreathing. When inbreathing, imagine the breath as a silvery thread entering the nostrils. When outbreathing concentrate and see the breath as a fine silvery thread leaving the nostrils. There must be no tenseness of any kind, just keep the mind on the breath. With just a little practice this becomes automatic and natural.

This exercise has a tendency to slow down the action of the diaphram, lungs and heart. As the pressure is taken from the internal organs they are strengthened and rejuvenated, thereby giving more life and energy to them. If this exercise is practiced upon retiring at night, and without concentrating on anything after it is once started, it will induce sleep. If this exercise is practiced diligently a state of conscious passivity is attained. As you are now released (in a measure from sense desires), a realization of the latent forces of the sub-conscious mind is attained, you can now direct to the development of the mental and spiritual side of your nature.

Thinking

"Be ye therefore transformed daily by the renewing of your mind."—Bible.

The above quotation carries a tremendous truth which must be consciously applied daily. You must plant new, constructive ideas

in your mind each day, water them with faith, nourish them with love, and consciously live in the expectation of the fulfillment of your life's ideal.

Thought is the power which binds man to the earth or raises him to celestial realms. If you wish to raise above your conditions and environment, an inner transformation must be made. Your objective life is simply a reflection of your inner thoughts. The thoughts which you harbor in secret within yourself.

A simple daily method for transformation is to realize that you are a soul occupynig a body. You are a soul living in eternity and eternity is here and now. Try to realize that this planet is a vast stage and that you are an actor playing your part in the great drama of life.

Daily think, live and play your part as the successful actor plays his part. Utilize your constructive imagination to improve upon your part and fearlessly play the part, combining it with mental and spiritual activity and a conscious realization of growth and improvement.

When disappointment and failure comes your way (as it surely will) do not be depressed. Realize that failures and disappointments are only transitory and that the passing events must not upset your inner equilibrium.

Your own life's experience has taught you that throughout all nature there is a rise and fall, a gain or a loss. This law is known as the law of polarity or the principles of opposites. This law is expressed at the very dawn of consciousness in the human soul when instinct is born.

It is also manifested throughout all nature. There is summer and winter, positive and negative, black and white, hard and soft, action and reaction, repression and expression, night and day. Throughout all nature this law is in operation.

In all growth there is an apparent lost gain and the advancement is greater than the decline. There were periods in your life where you can see that you made progress. At other times you apparently lost, but you will notice that you always gained more than you lost.

For this reason you should always keep on the constructive and positive side at all times, for if you allow yourself to be depressed when the pendulum swings back and remains in the negative state you will only reap the negative side of nature.

As this statement clearly elucidates: "To him that hath shall be given and to him that hath not shall be taken away even that which he hath"—Bible. Meaning that the more you are mentally equipped to fight life's battles, the more you will derive. The less you are equipped the less you will get.

MEMORY

In the development, memory is one of the most essential and important factors. Memory is cultivated by interest, attention and repetition.

One of the greatest errors made by most people is living in the memories of incidents which were detrimental to them in the past. Everyone has made mistakes, and if you allow yourself to live in the mistakes of the past, you stagnate your own growth. Endeavor then to absorb and live only in the memories of the things which were helpful and constructive. Live in the Eternal.

HOW TO DEVELOP INTUITION

Intuition is that faculty of Spiritual Perception, which enables one to know truth as it is. This faculty is the birthright of all, but it is undeveloped in most individuals. It can, however, be cultivated by all.

When intuition is developed, it enables one to know things as they are. To develop the intuition one of the first and most important things is to live a truthful life as much as you possibly can. Second, continued activity by keeping the mind on a certain idea. Thirdly, by consciously registering impression from others and certain conditions of life. Fourth, by attaining a state of mental calmness no matter what may happen.

MENTAL CALMNESS

Mental calmness can be attained by following this simple exercise. Relax, close your eyes and with intense feeling make this affimation from five to ten minutes, "POISE." Mentally affirm "POISE" three times very loud, then slowly affirm it a little less loud each time until it becomes a mere whisper and bury the idea deeply in your consciousness.

EMOTIONS

The emotions are powerful forces working in and through your organism. When properly cultivated, the emotions enables you to sense the conditions of others. When you come in contact with others who are unhappy, jolly or in misery, endeavor to register their conditions by feeling for them, but do not allow yourself to take on their conditions. You must taste, so to speak, but not assimilate.

If you would allow yourself to take on all the conditions of those whom you meet each day you would only be carrying unnecessary added burdens. By sympathizing with others you will then experience all the feelings the flesh is heir to, and this is of the utmost importance to you, for as you go out into the world, it gives you an insight into the workings of human nature.

Should you at any time happen to be in atmosphere which is embarrassing or has a tendency to make you feel self-conscious, turn the mind away from the surrounding environment and think of anything but the place where you are.

Emotional control and self-expression can be developed by the simple method of learning to speak slowly. A splendid exercise is to read daily some constructive article from a book or magazine. Read aloud as though you were reading to someone and while reading to put all your feeling into what you are reading. Do this for about ten minutes or so. This will give you self-expression.

WILL

Will power can be developed in any line of endeavor, by intense action and faith. Faith is an important requisite in developing the will. Believe and trust yourself. Mentally learn to stand upon your own feet. You will make mistakes and fall many times. But catlike you will land on your feet. Learn to do the small things first and devote your entire attention to doing them thoroughly. The larger things of life will be taken care of if you devote your attention to doing the small things well.

Execute your will power first upon yourself. Determine to rise at a certain hour each morning and do it. Visit with people you feel do not want you. Force yourself to do cheerfully at least one disagreeable task each day. Several times daily suggest to yourself: "My Will Is Strong," "I AM DEVELOPING A STRONG WILL," "I WILL DEVELOP A STRONG WILL."

To merely repeat the above affirmation parrot like is of no value. They must be spoken with emphasis and intense feeling. Think deeply of the affirmations made. Have faith in yourself and consciously know that you are developing a strong will power.

You will feel yourself growing stronger and the tasks which heretofore seemed difficult and beyond your power to overcome, will easily be mastered. Bad habits will be overcome and things in general will work much smoother for you, due to your ability to WILL WHAT YOU WILL TO BE.



SECRETS of INDIA

